

2024 VIRTUAL

# MATERNAL HEALTH AND BABY EDUCATION PROGRAM

Classes are offered in **English** and **Spanish** for Santa Clara Valley Medical Center patients.

*Please enroll early (at 20 weeks) in your pregnancy to secure a spot!*



## Childbirth Preparation Class

You will learn about the stages of labor, the process of birth, and more.



## Mother and Newborn Care Class

You will learn how to care for yourself and your baby after you give birth.



## Lactation Class

You will learn all about breastfeeding.

### To attend a class:



Call Ambulatory Health Education Department at **408-885-5436**



Ask your provider at your local Valley Health Center (VHC)



Please visit our website for more information at **[www.scvmc.org/ahed](http://www.scvmc.org/ahed)**

All classes are **FREE** and **VIRTUAL**