

JCCEO at Sherman Heights and
BirthWell Partners invite you to:



a **BABY BUILDING** class

for pregnant moms and your support team

Join us to learn about:



- How to ease some discomforts of pregnancy
- Planning for labor
- Coping with contractions
- What to do with the new baby
- Breastfeeding
- How to help siblings adjust to a new baby



And whatever else you're wondering about



WHEN? Wednesdays at 10:00am

WHERE? JCCEO Sherman Heights,
2000 Pleasant Hill Rd., 35224 205-787-2204

With Dalia Abrams: Director of BirthWell Partners
Lamaze Certified childbirth educator
and breastfeeding councilor

If you have a partner/friend/mom or anyone who plans to
be your support during labor, they are **WELCOME** and
ENCOURAGED to come too!

