

Barton offers childbirth class for parents

Barton Health is offering a one-day intensive childbirth preparation class on July 9.

Parents are invited to attend childbirth classes at approximately 28 to 32 weeks. Learn about preparing for the hospital, when to check for admission, pre-term indicators, relaxation/breathing techniques, the birthing process, labor positions, and pain management.

Sign up **online**. Call 530.543.5549 or emailfit@bartonhealth.org for more information. Coast is \$20 per couple.

The class is from 9am-4:30pm at 1077B 4th St., South Lake Tahoe.