



NURSE MAGGIE'S BIRTHING CLASS

25 years of Labor and Delivery Experience

This course will cover early labor, breathing techniques, the hospital experience, and going home tips

SATURDAY 2nd and 4th Saturday of the month - 9 a.m.
MONDAY..... 2nd and 4th Monday of the month - 5 p.m.

Class is held in the Bon Secours Building – Healthy Way office and lasts approximately 3 hours. Any family member or coach is welcome to come with you.

If these dates do not work with your schedule, please call 573-1236. Home classes can be arranged.

EMAIL Address: TPWbirthingclass@yahoo.com

Phone Number: 573-1236

Cost of the Class: \$50.00

Bon Secours Building
828 Healthy Way, Community Education Room (1st Floor)
Room 120
Virginia Beach, VA 23462

NURSE MAGGIE'S BIRTHING CLASS

25 yrs. of Labor and Delivery Experience

- ❖ The class will cover early labor, breathing techniques, the hospital experience and going home tips
- ❖ Class usually lasts 3 hours
- ❖ Classroom is on 1st flr. of Healthy Way Office Bld. Rm. 120
2nd and 4th Saturday of the month, 9am start
2nd and 4th Monday of the month, 5pm start
- ❖ Cost of class is \$50.00 dollars
- ❖ Email Address: TPWbirthingclass@yahoo.com
573-1236 phone number

***If class dates don't work with your schedule, please call 573-1236

Home class can be arranged

