

**Saturday, April 12**

- Childbirth Preparation Class - 8:00am

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**Childbirth Preparation Class**

**Time:** 8:00am

Taught by Trios Birth Center licensed providers, this course covers labor, pain management options, medical care/procedures, cesarean birth, birth stories, newborn care, and postpartum care. All classes are held in the birth center conference room at Trios Southridge Hospital.

**Time:** 8:00 am

**NOTE:** This 1-day class is 6-7 hours. (usually on Saturday or Sunday).

**Please bring a lunch as there will be a lunch break.**

The cost for this class is \$40 per couple. This comprehensive course is taught by Trios Family Birthing Center labor nurse, preparing you for what to expect in the hospital during your birth experience, including:

- Labor
- Pain management options
- Medical care/procedures
- Cesarean birth
- Birth stories
- Newborn care
- Postpartum care

**Please email [Education@trioshealth.org](mailto:Education@trioshealth.org) or call [509.221.5119](tel:509.221.5119) to register and pay for all classes.**

We accept Discover, Mastercard and Visa for credit card payments.

**Cancellation & Refund Policies**

By registering for the class, participants acknowledge full understanding and agreement with the cancellation/refund/class transfer policy as outlined below.

**Cancellation/Refund Policy:**

Class may be cancelled for any reason 7 days prior to class date for a refund of class fees. Please note a \$15 processing fee will be assessed for each cancelled transaction.

Full refunds are given when classes are cancelled by the instructor due to insufficient enrollment, overbooked enrollment or inclement weather.

**Class Transfer Policy:**

We will be happy to accommodate class transfer requests at least 2 business days prior to the class date.