

Video HealthSheets™



How to Prepare for Childbirth

One of the best ways to learn about the birthing process is to take a childbirth education class. Most women take the classes in their third trimester of pregnancy.

To watch the video:

Scan the QR code

Using your mobile device, scan the following code:



OR

Go to the website:

www.kramesvideo.com

Enter the prescription code:

MJL

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