



# PREPARING FOR BIRTH AND DELIVERY WORKSHOP

**Participants can expect to learn:**

- The stages and signs of labor.
- Comfort techniques and tools to ease the pain of childbirth.
- Pain medication options and how/when to best use them.
- What you need to know about the baby's first hour of life after delivery.

**Tuesday, March 26, 2024**

**Highlands Library - Meeting Room A**

**10:30 a.m. - 12:30 p.m.**

**1826 Dunn Avenue**

**Jacksonville, Florida 32218**

**RSVP - Veronica Glover - 904-763-5240**

