



# Life Begins Here

## Childbirth Preparation Classes

Tuesdays from 6:00 to 9:00 pm.  
Cost is \$75 per four-session class.

Each class is made up of four sessions and each session covers an individual topic. Please bring two pillows and a towel or blanket. Wear comfortable clothes.

Classes are held in the John Edwards Parr "Enhancement Health Center" (near the main entrance of the hospital).

**Who should attend: Expectant Mothers and her Partner.**


For more information, call  
Luz Parra 562-481-1274



*A Higher Level of Care*

1-888-4STMARY (1-888-478-6279)

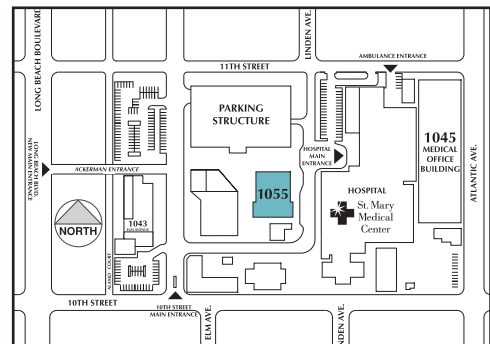
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### 2012 SCHEDULE

January	3,	10,	17,	24
February	7,	14,	21,	28
March	6,	13,	20,	27
April	3,	10,	17,	24
May	1,	8,	15,	22
June	5,	12,	19,	26
July	10,	17,	24	
August	7,	14,	21,	28
September	4,	11,	18,	25
October	2,	9,	16,	23
November	6,	13,	20,	27
December	4,	11,	18	



1050 Linden Avenue • Long Beach, CA 90813



# La Vida Empieza Aquí

## Clases de Preparación del Parto

Miércoles de 6:00 a 9:00 pm.  
El costo es \$75 por clase de cuatro sesiones.

Cada clase se compone de cuatro sesiones y cada sesión se tocan diferentes temas. Traiga por favor dos almohadas y una toalla o cobija.

Las clases se llegarán a cabo en el Edificio John Edwards Parr "Enhancement Health Center" (frente a la entrada principal del hospital – main entrance).

**Quien puede asistir: Una future Madre y su Pareja.**

**Para inscribirse, llame a Luz Parra 562-481-1274**



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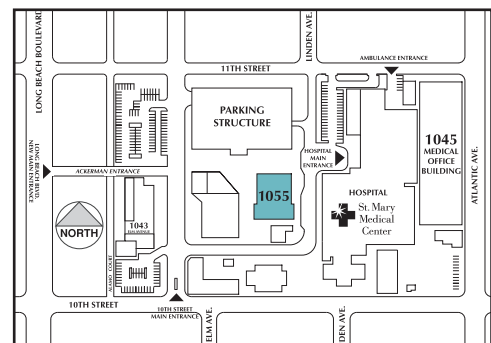


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### EL HORARIO DEL AÑO 2012

Enero	4,	11,	18,	25
Febrero	8,	15,	22,	29
Marzo	7,	14,	21,	28
Abril	4,	11,	18,	25
Mayo	2,	9,	16,	23
Junio	6,	13,	20,	27
Julio	11,	18,	25	
Agosto	8,	15,	22,	29
Septiembre	5,	12,	19,	26
Octubre	3,	10,	17,	24
Noviembre	7,	14,	21,	28
Diciembre	5,	12,	19	



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