

*Schoharie County*  
**Community Action Program, Inc.**

# FREE

## Childbirth Education Classes

- Partner education
- Labor coping techniques
- What to expect from labor



Each session consists of two classes that are 2 1/2 hours long:

Saturdays 9-11:30 am OR Mondays 6-8:30 pm

**July 16 & 30 \* July 11 & 25\***

**August 8 & 22\* August 13 & 27 \***

All classes are held at the Heritage House

258 Main Street, Schoharie

Class are offered at NO Charge to  
parents residing in Schoharie County  
thanks to a partnership between  
Schoharie County Community  
Action Program and the  
Schoharie County Department of  
Health

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