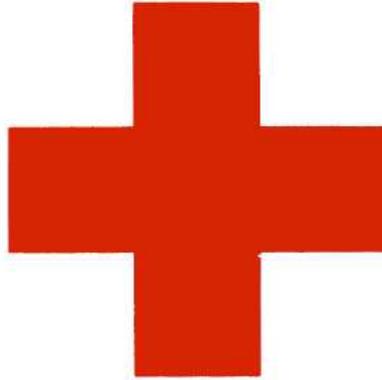


AMERICAN RED CROSS



Healthy Pregnancy, Healthy Baby

This is a two-day class, typically running from 0800 to 1400 – it is taught at the Hospital. Topics discussed are:

- Physical and Emotional changes w/ pregnancy
- Nutrition and Exercise
- Fetal growth and development
- Medications used in labor
- Overview of labor and delivery
- Choices and variations in labor
- Postpartum and infant care
- Preparing and coping with labor

For more information or to enroll in a class please contact us:

Red Cross Naples
Capo Admin II Ground Floor RM G-28.1
Office Hours
M-F 07:30-16:00

PHONE CONTACTS:
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