



Tuba City Regional Health Care Corporation  
**Women's Services**

2017 Schedule

# Prenatal Classes



**Learn about breastfeeding, nutrition,  
labor, delivery and so much more!**

**DATE: July 12, 26**

**October 4, 18**

**August 9, 23**

**November 1, 15**

**September 6, 20**

**December 13, 27**

**TIME: 9:00 AM – 12:00 PM**

**WHERE: Outpatient Primary Care Center  
1st Floor - Kitchen Classroom**

**TOPICS: Introduction to Pregnancy • Breastfeeding  
Nutrition & Oral Health • Labor & Delivery  
Breastfeeding & Post-Partum Care**

**For more information or to register for the  
Prenatal Classes, call (928) 283-2599.**

Designated as a

**Baby-Friendly USA**  
*The gold standard of care*

**Tuba City**  
Regional Health Care Corporation

