

## UAB EXPECTANT PARENTS' CLASSES



# AT UAB, BABIES DO COME WITH INSTRUCTIONS!

Register for classes at [uabhealthclass.com](http://uabhealthclass.com) (Now with online payment!)

You can also view free birthing videos, a virtual UAB Labor and Delivery Tour, and find links to other Childbirth Education materials.

- New Life Series
- Breastfeeding
- Infant CPR
- New Additions: Sibling Class
- Baby Basics 101
- Baby Basics Plus for Grandparents
- Baby Basics Plus for Adoptive Parents
- Breathing & Relaxation for Unmedicated Labor & Delivery
- Happiest Baby On The Block
- Labor & Delivery Tour
- Community Education Programs
- Community Resources for Prenatal and Baby Yoga, Exercise, Infant Massage and More



For more information, visit [uabhealthclass.com](http://uabhealthclass.com)  
or call 205.996.BABY (2229)

UAB WOMEN & INFANTS SERVICES

UAB MEDICINE.