

Web-Based eLearning Childbirth Preparation

The best method of learning childbirth preparation information is in a classroom setting. However we understand that this options in not always feasible for everyone.

We now offer a web-based education program that allows you to learn from home – on your own schedule. Codes are provided to access the eLearning program and are valid for two weeks from the date of issue. Therefore, please plan accordingly, as codes cannot be extended beyond the two-week period without an additional \$75 payment.

eLearning is especially helpful for moms who have been placed on bed rest, couples whose schedules don't allow for class attendance, or for couples who have previously taken a childbirth class and desire to enroll in a refresher.

Your \$75 fee includes:

- eLearning Program
- One evening of labor rehearsal with our childbirth educators. You will have the opportunity to practice breathing, relaxation and comfort measures.
- Tour of Monfort Family Birth Center

To preview or register for the eLearning program, please see our website:
www.BannerHealth.com/NCMCFamilyLifeEdu

You may also call 970-378-4044 to register.



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Family Life Education