



Pregnancy Resource Center is offering a series of complimentary

Childbirth Classes

presented by a Certified Doula

For expecting parents 20 weeks or more gestation

July 7, 14 and 21 5:30-7 PM

1210 East State Route 72

Rolla, Missouri 65401

Limited enrollment

Reservations required

Call **573-368-5700** to enroll

Topics to be explored:

- Stages of Labor
- Pain Relief Options
- Labor Support for Partners
- FAQs

