

# Building **BLOCKS**

## 2017 CLASSES

Women's and Children's Conference Room  
201 E. Harris Ave.

### **F** FINDING ALTERNATIVES FOR LABOR PAIN

*Learn breathing, relaxation and massage techniques to use throughout labor.*

**Evening classes | 6:15 pm to 8:45 pm**

January 16, March 9, July 11, September 19,  
October 12, December 19.

**Saturday classes | 9:00 am to 11:30 am**

February 18, April 22, May 20 and June 10.  
*April 22 class from 12:30 pm - 3:00 pm.*

**For more information call 325-481-6332 or visit  
[www.ShannonBabies.com](http://www.ShannonBabies.com).**

**To register call 325-481-8888.**



SHANNON

(325) 481-8888

[ShannonBabies.com](http://ShannonBabies.com)