



# Childbirth Education Classes

April 8, 2026 & April 22, 2026

May 6, 2026 & May 20, 2026

9:00AM-10:30AM



**Crusader Community Health**  
1200 West State Street  
Rockford, IL 61102  
2nd Floor Community Room

## Topics covered:

**Prenatal Care**

**Labor and Delivery**

**Postpartum Care and Infant CPR**

**Infant Feeding and Carseat Safety**

**Attend 3 of 4 classes to get a free carseat**

**Sponsored By:**



**UWHealth**

**To reserve a seat, please contact:**

**Michelle@ 779-696-4605**