

AGREEMENT!

Class sizes are limited, a payment of \$35.00 must be received one week prior to class start date or if you receive Medicaid, a copy of your current Medicaid card must be on file one week prior to the class start date.

Your reservation will be confirmed when we receive payment or a copy of your Medicaid card.

We reserve the option to cancel or reschedule a class. Should this occur, participants will be notified of the cancelation or rescheduling of a class.

Participants are encouraged to attend every scheduled class. However, we understand things do happen and a missed class is unavoidable. Participants are allowed to miss one class. If more than one class are missed; the participants will be dropped from class.

Participants who complete all scheduled sessions will qualify for a free car seat!

Once class has started there are no registration refunds.

I understand the above agreement statement and have agreed with the terms and conditions.

Date: ____/____/____

Participant Signature

06/03/2016

Enrollment is easy:

- Call (910) 875-3717 Ext: 2104
- Fax this form to (910) 875-1715

Attn: Cornelia Murchison

- **Mail this form:**

Cornelia Murchison
Hoke County Health Center
683 East Palmer Road
Raeford, NC 28376

Name: _____

Date of Birth: ____/____/____

Pregnancy Weeks: _____

Physician: _____

Phone (home): _____

(work): _____

(cell): _____

Address: _____

City: _____ State: ____ Zip: ____

Email: _____

Start date: _____

Type Of Payment:

Do not send cash in mail; a \$25.00 fee will be applied to all returned checks...

Check **Cash** **Medicaid**

Amount Paid \$ _____ **or**

Medicaid # _____



**PREPARED
CHILDBIRTH
EDUCATION SERVICE
OF HOKE COUNTY**



*“Bringing quality to life
through people caring
for people.”*

*Hoke County Health Department
683 East Palmer Rd.
Raeford, NC 28376*

(910) 875-3717 Ext: 2104

WHAT IS PREPARED CHILDBIRTH EDUCATION?

Prepared Childbirth Education:

Teaches a variety of techniques in which a pregnant woman tries to



minimize use of pain relief medications during childbirth by learning relaxation and other coping skill.

Why Prepared Childbirth

Education Classes (CBE)?

For first-time moms, you and your partner will learn what to expect during childbirth and how to prepare for labor and birth. Topics include: pain control, breathing and relaxation techniques, labor partner training, medical procedures, the complete childbirth process and more. Likewise for experienced moms, these classes will help refresh your skills in preparation for childbirth.

CBE classes are recommended to expectant mothers who are in their second trimester.



Program Topics:

These sessions are designed to help expecting parents understand:

- Pregnancy & Labor
- Comfort Techniques & Medical Procedures
- Newborns & Postpartum Care
- The Importance of Breastfeeding

CBE & Breastfeeding Basics:



Whether you have decided to breastfeed, or are considering the option and want more information, we will answer your questions. Information will be provided on benefits, getting started, preventing problems, breast care and more.

What to Bring to Childbirth Classes:

- A Snack
- A water bottle
- 2-3 pillows
- A Yoga mat or large towel
- A support person



"Fathers are encouraged to accompany expecting mothers!"

CLASS SCHEDULE



A Series of Five-Week Class

Time: 6:00-8:00 P.M.

Location:

Hoke County Health Department

Held every Thursday

of every month except on holidays...

***[No classes are offered in**

December]

Please Call For More Information/

Visit us @

<http://www.hokecounty.net/>

Medicaid Accepted Program

Sliding scale fee is available for those who qualify



It's a labor of love!