

# City of Vacaville

Public Information Office  
650 Merchant Street  
Vacaville, CA 95688  
Phone: (707) 449-5371  
Online at: [www.cityofvacaville.com](http://www.cityofvacaville.com)



**FOR IMMEDIATE RELEASE**  
**Tuesday, February 17, 2009**  
**Contact: Mary Torres (707) 469-6671**

## **ONE-DAY CHILDBIRTH PREPARATION CLASSES OFFERED**

The City of Vacaville's Community Services Department is offering an intensive one-day class designed to prepare expectant mothers and their partner for labor and birth.

Childbirth educator Chrissy Helmer discusses topics such as signs of labor, the benefits and risks of medications, relaxation and breathing techniques, and much more.

Class sessions are scheduled from 8:30 a.m. - 5:30 p.m., with a one-hour lunch break, on Saturday, March 7, April 4, and May 2 at the McBride Senior Center, 91 Town Square Place.

The fee for the course is \$81 with a \$5 materials fee. The registration deadline is Friday, March 6. Individuals can pre-register at any of the following locations: McBride Center, Ulatis Community Center, 1000 Ulatis Drive, and Three Oaks Community Center, 1100 Alamo Drive.

For more information, call 449-5631.

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