

**Saturday, January 18**

- Are you expecting? Attend our Childbirth Class - 9:00am
- 

**Are you expecting? Attend our Childbirth Class**

**Time:** 9:00am

We encourage you to attend our 1 day, childbirth class.

**Benefits to attending:**

- Help build your confidence.
- Discuss any fears or hesitations.
- Partners, learn about childbirth and how to be supportive.
- Learn about pain relief options, including massage, relaxation, breathing techniques, and medications.
- Tour the birthing facility

**Schedule**

8:45am - 9am: Check In

9am - 12pm: Labor signs, Medical Interventions, Pain Management

12pm - 1pm: Lunch on your own

1pm - 2pm: Breastfeeding

2pm - 4pm: Post Partum Care, Newborn Care, Happiest Baby on the Block

4pm - 5pm: Optional Tour of Labor and Delivery Unit

**For additional information or to sign up, please call Women and Newborn Services 520.263.3320**

---

Our hospital has been named one of the Best Hospitals for Maternity Care by The Leapfrog Group and Money Magazine in their inaugural list of rankings. The rankings are intended to help expecting parents make educated decisions about which hospitals consistently deliver the safest, highest-value care for patients and excellence in maternity experiences. Out of more than 2,200 hospitals surveyed, Canyon Vista Medical Center was one of 259 hospitals nationwide, and one of 2 in Southern Arizona, to earn the first-time honor. Congrats to our team!

Best Hospitals for Maternity Care [money.com/methodology-best-hospitals-for-maternity-care/](https://money.com/methodology-best-hospitals-for-maternity-care/)

[www.CanyonVistaMedicalCenter.com/Women-and-Newborn](https://www.CanyonVistaMedicalCenter.com/Women-and-Newborn)