



Western Health



Childbirth Education Classes at Tweddle

In partnership with Western Health, Tweddle provides a community based childbirth education program.

- Stages of labour and birth
- Practical coping methods and pain relief
- Breastfeeding
- Getting to know your baby & what to expect in the early days of parenting

Times & Cost

Thursday:	6pm to 9.30pm for 2 weeks	Cost: \$80
Saturday or Sunday:	10am to 4pm for a one day program	Cost: \$120

Tea and coffee provided / BYO snacks & lunch

Fees must be paid at time of booking

*Healthcare card subsidy available



Location

Classes held at Tweddle Footscray—53 Adelaide Street, Footscray

To enrol or make enquiries, contact Tweddle Monday to Friday

during business hours on tel: (03) 9689 1577

Partners & support people are welcome

*Class dates may change if there are not enough participants. Class fees may change without notice.