

Lamaze Childbirth Preparation

Free Lamaze Classes taught by Nursing Faculty Certified as Lamaze Childbirth Educators.

Classes conducted by the School of Nursing with the support of the Nursing Students



COLLEGE OF HEALTH & SOCIAL SERVICES

**1335 International Mall on the Main campus of New Mexico State University
(free parking off Jordan street)**

For Registration:

Call 575-646-8089

or Email: moralest@nmsu.edu

2017 Fall Lamaze Series Schedule

- First series of 6 classes are Mondays: **August 28, Sept. 11, 18, 25, Oct, 2, 9**
- Second series of 6 classes are Mondays: **Oct. 16, 23, 30, Nov. 6, 13, 27**
- Each class meets from 6:30 to 8:30 pm. Classes are free.
- Call or email anytime between 16 weeks and 24 weeks during pregnancy as classes fill quickly!
- Expectant women must be 24 weeks to 32 weeks pregnant by the first class in the series.

A Labor Support Person is Welcome.