



# Lamaze Childbirth Preparation Classes

## COLLEGE OF HEALTH & SOCIAL SERVICES

1335 International Mall on the  
Main campus of New Mexico  
State University

(Free Parking off Jordan  
Street)

Registration:  
Call 575- 646-8089

or email:  
[moralest@nmsu.edu](mailto:moralest@nmsu.edu)

**Free Lamaze Classes taught by  
Nursing Faculty Certified as  
Lamaze Childbirth Educator**

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



## 2018 Spring Lamaze Series Schedule

- First series of 6 classes are Mondays: Jan. 29, Feb. 5, 12, 19, 26, March 5
- Second series of 6 classes are Mondays: March 12, 26, April 9, 16, 23, 30
- Each class meets from 6:30 to 8:30 pm.
- 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.**