



Free Lamaze Childbirth Classes

Gift of Motherhood:

Your Personal Journey Through Prepared Childbirth

Presented by: Rogers County Health Department
Children First Program

Instructors: Connie Cordray, RN BSN CCE IBCLC
& Gena Maute RN CPN

FREE 1 day class for new mothers in their last trimester of pregnancy and their support person!



Gena is an experienced Pediatric nurse and certified CPR instructor.

Learn about important topics:

- Dealing with pregnancy discomforts
- Understanding labor and delivery
- Labor and delivery pain management
- Caring for yourself postpartum
- Feeding and caring for your newborn



Basic Infant CPR instruction included!

Have the opportunity to ask questions. Connie has experience in L&D, postpartum & is a certified Lamaze instructor & Lactation Consultant.



Class will be held on
Friday, January 29 , 10:00am-5:00 pm
at the **Rogers County Health Department**
2664 N. Highway 88, Unit A
Claremore, OK 74017



Class size is limited! Please call to schedule! 918.341.3166 ask for Connie

Name of Mother to be: _____ E-mail Address _____

Name of the Father/Support Person: _____

Home #: _____ Work #: _____ Cell #: _____

Address: _____

Physician: _____ Due Date: _____