



# Childbirth Classes 2026 & 2027

## Prenatal Education and Birth Preparation



### About Childbirth Classes:

Childbirth Classes with Healthy Start will consist of four weekly sessions. Each class is taught by a certified childbirth educator.

### What to bring

- ◆ Support Person
- ◆ Blanket/Yoga Mat
- ◆ Two Pillows
- ◆ Water

### Class Include

- ◆ Stages of Labor
- ◆ Comfort Techniques
- ◆ Breathing & Relaxation
- ◆ Breastfeeding information
- ◆ Postpartum/Newborn Care
- ◆ And Much More !

### Class Requirements

Free Class

### Location:

SOUTH SIDE HEALTH CENTER  
AUDITORIUM  
6101 LAKE ELLENOR DRIVE  
ORLANDO, FLORIDA 32809

To Register please visit:

<https://orange.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/index.html>.





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## Saturdays, 9AM—4PM

### English

**July 11,, 20256**

**August 1, 2026**

**September 12, 2026**

**October 3, 2026**

**November 7, 2026**

**December 12, 2026**

**January 9, 2027**

**February 6, 2027**

**March 6, 2027**

**April 3, 2027**

**May 8, 2027**

**June 5, 2027**

### Spanish

**July 18, 2026**

**August 8, 2026**

**September 19, 2026**

**October 17, 2026**

**November 14, 2026**

**December 19, 2026**

**January 16, 2027**

**February 13, 2027**

**March 13, 2027**

**April 10, 2027**

**May 15, 2027**

**June 12, 2027**

## Tuesdays, 6:00 PM - 9:00 PM

### 2026

**July 7,14, 21, 28**

**August 4, 11, 18, 25**

**September 1, 8, 10, 15**

**October 8, 13, 20, 27**

**November 3, 5, 10, 12**

**December 8, 10, 15, 17**

### 2027

**January 5, 12, 19, 26**

**February 2, 9, 16, 23**

**March 2, 9, 16, 23**

**April 6, 13, 20, 27**

**May 4,11,18,25**

**June 1, 8,15, 22**

