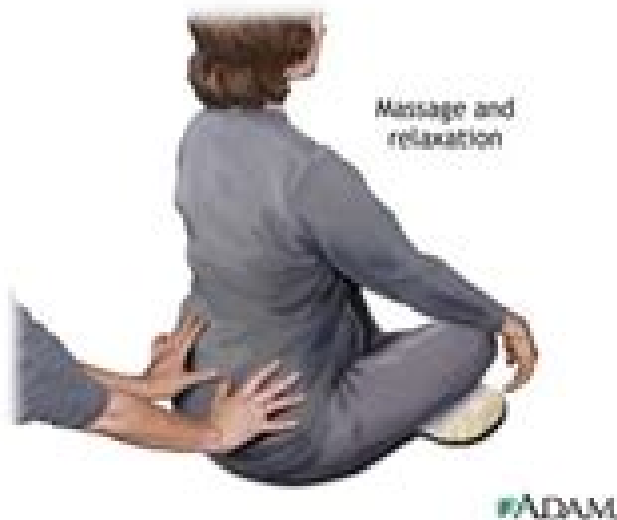


Childbirth classes

Lamaze

aimed at removing all kinds of fear and tension during labor

Classes involve stretching and strengthening exercises, learning the art of relaxation and breathing techniques, labor



Moms-to-be start taking
Lamaze classes
anytime the first trimester
(fathers, too)

Preparation For Childbirth A Lamaze Gd

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