

**Childbirth classes** are recommended during the third trimester of pregnancy. This class will help you and your partner prepare for the birth. You will receive approximately 8 -10 hours of class time.

This class is Open to Everyone. Your doctor will need to fax a referral form if you have Medicaid. If you are a Non-Medicaid Client or have Private Insurance you will need to bring proof of income for you and your household to JCPHD.

Johnston County Public Health Department DOES NOT file private insurance.

Cashier is open Monday thru Friday 8am to 5pm.

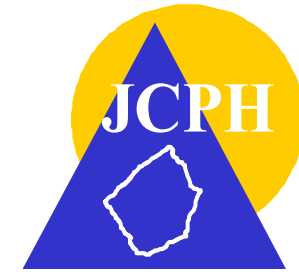
Classes taught by Kimetha Fulwood, Health Educator & Donna Holloman, RN. If you have questions, please contact Johnston County Health Department at 919-989-5200.

# WHAT TO EXPECT<sup>®</sup>

## Topics Covered in Childbirth Class:

- ▯ Relaxation
- ▯ Breathing Techniques
- ▯ Medication
- ▯ Self Care
- ▯ Methods of Childbirth
- ▯ Baby Care

Classes Offered By:  
Johnston County Public Health Department  
517 North Bright Leaf Boulevard  
Smithfield, NC 27577  
Main Telephone Number: (919) 989-5200



**JOHNSTON  
COUNTY  
HEALTH  
DEPARTMENT  
IS  
OFFERING  
CHILDBIRTH  
CLASSES**



# REGISTRATION FOR CHILDBIRTH CLASSES

NAME:

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DATE OF BIRTH:

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ADDRESS:

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PHONE NUMBER:

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EMERGENCY PHONE NUMBER:

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SUPPORT PERSON NAME:

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YOUR BABY'S DUE DATE:

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**TO  
REGISTER  
FOR CLASSES:**

Complete & Bring  
This Form To  
Johnston County  
Health Department  
Women's Health Clinic



*Childbirth Classes*

**On**

Tuesday October 2, 2018  
Thursday October 4, 2018  
Tuesday October 9, 2018  
Thursday October 11, 2018

**FROM  
5PM - 7PM**

Will be held at  
**Johnston County  
Health Department  
In the  
Health Education  
Classroom**



It is very important to  
**PLAN TO ATTEND**

**ALL CLASSES  
WHAT IS YOUR  
METHOD OF  
PAYMENT?**

**CHECK ONE**

€ **Medicaid:**

**Medicaid Number:**

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Name of Provider/Doctor:

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Doctors Phone Number:

Your Doctor Must Provide NPI#

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€ **Private Insurance:**

You will need to bring proof of income for you and your household to JCPHD. JCPHD DOES NOT file private insurance. Cashier is open Monday thru Friday 8am until 5pm. (Approximately 8-10 hours' total class time)

€ **Non-Medicaid Clients:**

You will need to bring proof of income for you and your household to JCPHD. Cashier is open Monday thru Friday 8am until 5pm. (Approximately 8-10 hours' total class time).