

2019 Carson Tahoe Regional Medical Center Childbirth Education Classes

*Classes are held at the Regional Medical Center
Registration is required*

Childbirth Basics

Saturdays

9:00 am - 3:00 pm

January 12
February 9
March 23
April 6
May 11
June 15
July 13
August 17
September 21
October 19
November 9
December 14

Breastfeeding

Wednesdays

6:30 pm - 8:30 pm

January 16
February 20
March 13
April 10
May 15
June 19
July 10
August 14
September 25
October 16
November 13
December 11

Newborn Care

Saturdays

9:00 am - noon

January 19
February 23
March 16
April 13
May 4
June 8
July 6
August 3
September 7
October 5
November 2
December 7

Childbirth Education Series

6:30 pm - 8:30 pm

Tuesday Evenings

February 5 & 12
March 12 & 19
October 8 & 15
November 5 & 12

Wednesday Evenings

May 1 & 8

Thursday Evenings

January 10 & 17
April 4 & 11

June 13 & 20

July 11 & 18

August 8 & 15

September 12 & 19

December 5 & 12



CARSON TAHOE
— HEALTH —

Register at:

CarsonTahoe.com/Childbirth-Support

1600 Medical Parkway
North Carson City
CarsonTahoe.com