



NURSE MAGGIE'S BIRTHING CLASS

25 years of Labor and Delivery Experience

This course will cover early labor, breathing techniques, the hospital experience, and going home tips.

SATURDAY 2nd and 4th Saturday of the month - 9 a.m.

TUESDAY..... 2nd and 4th Tuesday of the month - 5 p.m.

Class is held in the Bon Secours Building – Healthy Way office and lasts approximately 3 hours. Any family member or coach is welcome to come with you.

If these dates do not work with your schedule, please call 573-1236. Home classes can be arranged.

EMAIL Address: birthingclassbymag@gmail.com

Phone Number: 573-1236

Cost of the Class: \$50.00

Home Visit: \$60.00

Bon Secours Building
828 Healthy Way, Community Education Room (1st Floor)
Room 120
Virginia Beach, VA 23462