

**IT IS VERY IMPORTANT  
TO PLAN TO ATTEND  
ALL CLASSES**

~ Tuesday ~  
September 3, 2024

~ Thursday ~  
September 5, 2024

~ Tuesday ~  
September 10, 2024

~ Thursday ~  
September 12, 2024

From  
**4:30PM TO 6:30PM**



CLASSES WILL  
BE HELD AT

**Johnston County  
Health Department  
In The  
Health Education  
Classroom**

# WHAT TO EXPECT®

## 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

# SEPTEMBER 2024 CHILDBIRTH CLASSES



AT  
**JOHNSTON  
COUNTY  
HEALTH  
DEPARTMENT**

**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. If you have questions, please contact Johnston County Health Department at 919-989-5200.

## 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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**YOUR BABY'S DUE DATE:**

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**SUPPORT PERSON NAME:**

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**TO REGISTER FOR CLASSES:**  
Bring This Completed  
FORM to Johnston County  
Health Department  
Women's Health Clinic  
Or Have your Doctor's Office  
Fax it to (919) 989-5266

## What is your Method of Payment? Check One

**Medicaid Plan Name:**

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Medicaid ID Number:

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Your Provider/Doctor Office Name:

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Doctor Office Phone Number:

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Your Doctor Must Provide NPI#

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**Insurance Name:**

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Policy ID Number:

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You will need to bring check stubs or proof of income for every person that lives in your home that works to JCPHD. Our Billing department (Cashier) is open Monday thru Friday 8am til 5pm. JCPHD DOES NOT file private insurance for these classes.

**SELF-PAY / SLIDING SCALE:**

You will need to bring check stubs or proof of income for every person that lives in your home that works to JCPHD. Our Billing department (Cashier) is open Monday thru Friday 8am til 5pm.