



**Hillcrest Hospital**  
a Cleveland Clinic hospital

# Dancing For Birth™



Celebrate your pregnancy and become both mentally and physically ready to embrace your birth experience. You'll become stronger, more agile and at ease with your body.

Weekly classes include relaxation, dance moves from around the world, positions for labor, birth wisdom and much more!

**No experience necessary!!** You can begin taking classes early in your pregnancy and continue right up until your delivery day!

**4 weeks - 1 hr. class. Fee: \$40 per person**

**Go to [www.hillcresthospital.org/childbirthed](http://www.hillcresthospital.org/childbirthed) or call 440.312.4647 to register.**

