

# BIRTHday t o u r

JOIN US!



In preparation for the joyous event, The Women's Health Center at Val Verde Regional Medical Center offers BIRTHday tours. Meet the staff, tour the facility, and discuss your concerns about labor, delivery, and pain management options—including epidurals.



Working with board-certified obstetricians and Certified Registered Nurse Anesthetists (CRNAs) at VVRMC, our expert staff looks forward to meeting you and helping you feel great about the excellent care you and baby will receive.



Get acquainted with us. Classes are offered the first Thursday of each month at 5:00 pm. Please meet in the main front entrance lobby.

For more information, call The Women's Health Center at Val Verde Regional Medical Center at (830) 703-1711 or email [kandis.dicksong@vvrmc.org](mailto:kandis.dicksong@vvrmc.org).



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