



Prenatal and Family Education Classes

**Starting September 29th noon – 1:30pm at the Health Centre
and every other Thursday thereafter.**

You'll learn about:

- Caring for your newborn**
- Breastfeeding your baby**
- Your baby's birth, and comfort measures**
- Nutrition and exercise**
- Changes and challenges of becoming parents**



**Please Call Beverley at the Health
Centre by September 23rd to sign
up. Lunch will be served**

