

Prenatal Classes 2010

The Northwestern Health Unit is pleased to offer prenatal Classes!

Learn about:

- Nutrition
- Exercise
- Healthy lifestyles during pregnancy
- Fetal development
- Breastfeeding
- Labour and birth
- Comfort measures and relaxation

Classes will be held in the boardroom at the Northwestern Health Unit in Fort Frances.

Sessions for 2010:

January 6th to February 3rd
April 7th to May 5th

August 4th to September 1st
November 3rd to December 1st

Contact the Northwestern Health Unit at
274-9827 to register early.



**Northwestern
Health Unit**
