

Prenatal Classes 2011

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 2011:

January 11th to February 8th
April 6th to May 4th

August 3rd to 31st
November 2nd to 30th

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



Northwestern
Health Unit