

Prenatal Classes

REGISTER EARLY!
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

Sessions for 2010:

Tuesday, January 19, 2010 7:00pm—9:00pm
(5 weeks)

Location: Northwestern Health Unit
Ear Falls

(Dates subject to change)

Contact: Jeanne McDonald
Northwestern Health Unit
At 222-3098



Northwestern
Health Unit