

Prepare for Baby!



Northwestern  
Health Unit

[www.nwhu.on.ca](http://www.nwhu.on.ca)

# Prenatal Classes

The Northwestern Health Unit  
is pleased to offer community prenatal classes

Learn about:

Nutrition

Healthy lifestyles during pregnancy

Fetal development

Breastfeeding

Labour and birth

Comfort measures and relaxation

Newborns

Call the Healthy Babies, Healthy Children Program  
to register: 468-3436, ext.#323

