



**Northwestern
Health Unit**

Prepare for Baby!

Prenatal Classes

The Northwestern Health Unit
is pleased to offer community prenatal classes.

Learn about:

Nutrition

Exercise

Healthy lifestyles during pregnancy

Fetal development

Breastfeeding

Labour and birth

Comfort measures and relaxation

Newborns

To register call Donna Mior
at the
Healthy Babies, Healthy Children Program
468-9207