

Prenatal Classes in Emo

The Northwestern Health Unit is excited to offer prenatal classes in Emo!

Learn about:

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

Sessions for 2010

March 1 - 29th

September 2 - 30th

Contact the Northwestern Health Unit at
482-2211 to register early.



Northwestern
Health Unit