

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 Emo.

Session for 2011:

September 6th to October 4th

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



**Northwestern
Health Unit**
