

# Prenatal Classes

-Sioux Lookout-

## Upcoming Session:

Thursdays in September (1st, 8th, 15th, 22nd & 29th)  
Evening Classes from 7:00-8:30

## Learn about:

- Labour & birth
- Medical interventions
- Comfort measures & relaxation
- Newborn care & postpartum recovery
- Breastfeeding

For more information :

Healthy Babies Healthy Children

737-2292 Ext. 34



Northwestern  
Health Unit

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