

Join Our Classes!

Prenatal **and** Postpartum
Classes **for**

Expectant Parents

and

New Families

on

**Pregnancy and
Birth**

**New Moms
and Dads**

Parenting

Register at

www.birthandbabies.com

Or 403-955-1450 **and** 1-866-471-7011

Join our Classes!

“Birth and Babies” “Childbirth Essentials”

Be supported! Learn! Have your questions answered!
The best prenatal and new parenting experience

✓ **Start with our free classes**

Early Pregnancy

Changes in pregnancy, relationships and lifestyle

Healthy Eating for Pregnancy

Have your questions answered, learn about healthy foods, find assistance from an AHS Registered Dietitian

✓ **Choose a Prenatal Class**

Birth and Babies (10 weeks)

Learn about labour and birth then bring your new baby to class and be supported at the earliest stages of parenting

Childbirth Essentials (2, 4 or 6 weeks)

Classes designed to fit your schedule on labour, birth and caring for baby

✓ **Join a Parenting Class**

Baby and You for Moms or Daddies and Babies

Socialize, learn and meet new parents (babies 2-9 months)

Find more classes listed on-line

Alberta Health Services Community Educators

Providing trusted, current prenatal and early
parenting education

www.birthandbabies.com