



COCHRANE PRENATAL HEALTH GROUP

**OCTOBER 22, NOVEMBER 12, 26 & DECEMBER 10
1:00 - 2:30 PM**

Join us for an online casual café, where you can meet with an Alberta Health Services childbirth educator and connect with other parents on the topics of pregnancy, nutrition, labour and birth, breastfeeding and feeding your baby, infant sleep, newborn care, transition to parenthood and early parenting.

Register at: cochrane.ca/programguide. You will receive the Zoom link and password upon registration.