



# Prenatal classes on your to-do list?

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## IN-PERSON CLASSES

Taught by a **PUBLIC HEALTH NURSE (RN)**

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## VIRTUAL CLASSES

3

## SELF-GUIDED PRENATAL LEARNING MODULES

### WHAT'S COVERED?

- ✓ Labour and birth
- ✓ Comfort measures
- ✓ Medical procedures
- ✓ Normal newborn behaviour
- ✓ Caring for yourself and your new baby
- ✓ Breastfeeding and more
- ✓ Baby's growth and development
- ✓ Changes to your body
- ✓ Nutrition and physical activity
- ✓ Prenatal care and tests

*\*\*Learning modules also cover all information covered in our classes.*

### HOW TO REGISTER:

Call Health Connection: **705-721-7520** or **1-877-721-7520**  
Monday to Friday 8:30 am - 4:30 pm

[smdhu.org/PrenatalClass](https://smdhu.org/PrenatalClass)