

Prenatal Class

In Person

Taught by Registered Nurses
Psychotherapist
Registered Dietitian
Certified Personal Trainer

ONCE A MONTH ON THURSDAY

A: Exercise and Common Pregnancy Experiences

B: Newborn Care, Infant Feeding, and Nutrition

C: Postpartum Recovery & Perinatal Mental Health

D: Labour and Birth

- Register for one or any combination
- Contact our office for upcoming session dates and registration

 **519-271-7172 ext 2**

 **444 Douro Street,
Stratford**

 **1:30 PM - 3:00 PM**


STRATFORD
FAMILY HEALTH
TEAM
making health matter

Free!

Partners/Support
people welcome