



PRENATAL CLASSES

Chatham Location

435 Grand Avenue West, 3rd Floor, Room 301A/B, Chatham, ON

To register, please contact 519.352.7270, ext. 2903

MONTH	DATES	LOCATION	TIME
October / November 2017	Tuesday 3, 10, 17, 24, 31 & November 7	Wallaceburg C-K Community Health Centre	6-8 pm
October / November 2017	Tuesday 10, 17, 24, 31 & November 7, 14	Chatham	6-8 pm
November / December 2017	Thursday 9, 16, 23, 30 & December 7, 14	Chatham	6-8 pm
January / February 2018	Thursday 11, 18, 25 & February 1, 8*, 15	Chatham	6-8 pm
February / March 2018	Tuesday 20, 27 & March 6, 13, 20*, 27	Chatham	6-8 pm
April / May 2018	Tuesday 17, 24 & May 1, 8, 15*, 22	Chatham	6-8 pm
May / June 2018	Tuesday 1, 8, 15, 22, 29* & June 5	Wallaceburg C-K Community Health Centre	6-8 pm

Topics include:

Nutrition	Breathing & relaxation	Newborn appearance & procedures
Lifestyles	Birth plans	Postpartum adjustment
Pregnancy discomforts	Medical interventions	Breastfeeding
Stages of labour	Pain medications	Infant communication
Comfort measures	C-sections	Baby care and safe

Document available in an accessible format upon request.