



# 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
September / October 2018	Thursday 6, 13, 20, 27 & October 4, 11	Chatham	6-8 pm
October / November 2018	Tuesday 2, 9, 16, 23, 30 & November 6	Wallaceburg C-K Community Health Centre	6-8 pm
October / November 2018	Tuesday 23, 30 & November 6, 13, 20, 27	Chatham	6-8 pm
January / February 2019	Tuesday 8, 15, 22, 29, & February 5, 12	Chatham	6-8 pm
February / March 2019	Wednesday 20, 27, & March 6, 13, 20, 27	Chatham	6-8 pm
April / May 2019	Thursday 11, 18, 25, & May 2, 9, 16	Chatham	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 safety

*Document available in an accessible format upon request.*