



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
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
June / July 2018	Wednesday 13, 20, 27 & July 4, 11, 18	Chatham	6-8 pm
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

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.