



# Prenatal Class Schedule



## Locations / Dates

2010			
Beausejour 7:00 – 9:00 pm (Wednesdays)	Oakbank 7:00 – 9:00 pm (Tuesdays)	Pine Falls TBD	Lac du Bonnet/Pinawa 7:00 – 9:00 pm (Tuesdays)
April 7 – April 28	Feb.23 – March 16		May 4 – May 25
Sept.8–Sept.29	June 1 – June 22		Aug. 24 – Sept. 14
Nov. 10– Dec. 1	Oct. 5 – Oct. 26		
2011			
Beausejour 7:00 – 9:00 pm (Wednesdays)	Oakbank 7:00 – 9:00 pm (Tuesdays)	Pine Falls TBD	Lac du Bonnet/Pinawa 7:00 – 9:00 pm (Tuesdays)
Feb. 16 – Mar. 9	Jan. 11 – Feb. 1		
May 25 – June 15	Apr. 5 - 26		
Oct. 12 – Nov. 2	Sept. 20 – Oct. 11		

### Prenatal Classes - Questions & Answers

**What are Prenatal Classes?** Prenatal classes are informal group sessions led by a Public Health Nurse. Prenatal classes offer information on nutrition, pregnancy, labor & delivery (including dealing with the pain of childbirth), the newborn & basic newborn care, breastfeeding, and common postpartum concerns.

**Why should I take Prenatal Classes?** Pregnancy and birth can be an exciting yet overwhelming experience. The goal of Prenatal classes is to offer you information and guide you through your pregnancy and the first months of being a parent. The opportunity to learn and share information during this time in your life is meant to lessen some of the difficulties or fears that you may experience while increasing your confidence in your abilities.

**Are Prenatal Classes for Couples only?** NO. Prenatal classes are for any expectant parent. It is recommended that you bring your spouse, partner or a friend for moral support and to share the information, but it is not a necessary part of taking prenatal classes.

**When and where are Prenatal Classes held?** Classes are offered in various areas of North Eastman throughout the year. Sessions of Prenatal classes typically take place one evening per week over a 4-week period - each class is 2 hours in length.

**How do I register for Prenatal Classes?**

**You can register by calling Gail at 268-7465 OR by contacting your local Public Health Nurse.**