



# Virtual Prenatal Classes

**An easy and fun way to learn more about:**

- Pregnancy & Childbirth
- Postpartum-Parenthood
- Newborn Care
- Feeding Your Baby
- Community Resources
- Questions you have about your childbirth and COVID-19

Classes are offered at various times.

For more information, and to register call:

\*Try to call at least one month before you are due

**780-413-7980**

Visit our websites at  
<http://www.birthandbabies.com/edmonton/>  
and [www.ahs.ca](http://www.ahs.ca)