



Health Unit **PRENATAL CLASSES**

Up-To-Date Material - Videos - Teaching Aids!

Renfrew County & District Health Unit offers a series of seven (7) Prenatal Classes at the following locations: Arnprior, Barry's Bay, Deep River, Pembroke, Petawawa and Renfrew. Topics covered in the weekly 2-hour sessions include:

- **Nutrition & other healthy lifestyle choices**
- **Fetal growth & development**
- **Labour & delivery**
- **Breastfeeding**
- **Infant care & family adjustments to parenthood**
- **Take-home handbook**

**Register as early as possible in
your pregnancy; preferably
before your 20th week.**

Call Health Unit offices to register:

Arnprior:	623-2991
Barry's Bay:	756-2744
Renfrew:	432-5853
Pembroke:	735-8651 (Ext. 516)