



2008 PRENATAL CLASSES

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. (Note: Weekend classes are also available.) The Registration Fee is \$30.00 (includes take-home handbook), but the fee can be waived if there is a financial concern.

Scheduled dates for 2008:

Pembroke Series

(Tuesdays, 7:00 – 9:00 p.m.)

January 8 – February 19

March 18 – April 29

September 9 – October 21

(Weekends: Saturdays, 9:00 a.m. – 4:00 p.m.)

February 23 & March 1

May 31 & June 7

November 8 & November 15

Petawawa Series

(Wednesdays, 6:30 – 8:30 p.m.)

January 16 – February 27

April 30 – June 11

October 8 – November 19

(Weekends: Saturdays, 9:00 a.m. – 4:00 p.m.)

April 5 & April 12

September 13 & September 20



Doctor: Please encourage expectant moms to register for classes as early as possible; preferably before 20 weeks gestation.

For information about Prenatal Classes in other locations, call 613-735-8651 ext. 516 or 1-800-267-1097.