

"Birth and Beyond"

ONLINE COURSE

A **FREE**, 6-WEEK SERIES OF CLASSES TO GET YOU PREPPED AND READY FOR BABY'S ARRIVAL

Dates and times

Aug 24th-Sept 29th
Every Thursday, 6-8pm

OR

Oct 2nd- Nov 6th
Every Monday, 6pm-8pm



Come learn about all things birth and postpartum from experts including certified childbirth educators, mental health professionals, IBCLCs, and a physician in a small, virtual environment. This course will offer great opportunities to ask your questions and get answers.

The course topics include:

- Week 1-3: Labor and delivery
- Week 4- What happens after birth
- Week 5- Newborn care
- Week 6- Infant feeding

Participants who attend at least 4 of the 6 classes will receive a gift. Gift options include a new car seat, pack-n-play, or diapers and wipes

Register at

<https://bit.ly/SWMPQICChildbirthandBeyond>