



# BIRTH AND BEYOND

Class

Join one of our **FREE**, virtual, 4 week-series of online classes and get the facts! Classes are taught by Certified Childbirth Educators. All birthing persons, and their partners, are welcome to attend.

- Labor and Delivery
- Postpartum Planning
- Newborn Care

## Upcoming Class Series:

- January 5th-26<sup>th</sup>, Mondays
- February 2nd-23<sup>rd</sup>, Mondays
- March 2nd-23<sup>rd</sup>, Mondays
- April 6th-27<sup>th</sup>, Mondays

**GRAB YOUR SPOT EARLY!**

Register using the QR code above, or visit  
[www.swmpqic.com/freeclasses](http://www.swmpqic.com/freeclasses)

