

**FREE
ENTRY**

“Birth and Beyond” Class



**Get FREE
gifts for
attending**

**6 week series of classes, held
virtually, every Thursday from
August 15th-September 19
6pm-8pm**

Get together with certified childbirth educators, mental health gurus, IBCLCs, and a physician to unlock the secrets of birth and postpartum in a cozy, virtual space. You'll have a chance to chat with experts to ask questions and get answers.

**Register using the
QR code or at
www.swmpqic.com**

Here's what's in store for you:

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

