



Southwest Michigan Perinatal Quality Improvement Collaborative

Birth and Beyond Class

**A 6-week
FREE, VIRTUAL Class Series**

Join forces with certified childbirth educators, mental health gurus, IBCLCs, and a physician to unlock the secrets of birth and postpartum in a cozy, virtual hub. You'll have a chance to grill the experts with your questions, and they'll dish out savvy answers.

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 care

Upcoming Classes:

Every Thursday,
beginning January 4th, 2024
6pm-8pm



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 HERE