

## BIRTH AND BEYOND

Join one of our **FREE**, virtual, 4 weekseries 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:**

• Mondays in January (5th-26th)

## **GRAB YOUR SPOT EARLY!**

For more information and registration, visit **www.swmpqic.com/freeclasses** or use the QR code



