

**FREE  
ENTRY**

# “Birth and Beyond” Class

**6 week series of classes,  
held virtually, every  
Monday from November  
18th-December 23rd  
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.



**Get FREE  
gifts for  
attending**

**SCAN ME**



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

**Register using the QR code or at  
[bit.ly/BirthandBeyondNovember2024](https://bit.ly/BirthandBeyondNovember2024)**

