



Participants who complete the series and a short evaluation get a \$75 Visa gift card!

FREE VIRTUAL CHILDBIRTH EDUCATION CLASSES

Tuesday, April 19th and 26th
from 6:00 to 8:00 PM with Sophie McNeil

Tuesday, June 14th, 21st, and 28th
from 6:00 to 7:30 PM with Sophie McNeil

Tuesday, July 12th, 19th, and 26th
from 6:00 to 7:30 PM with Sophie McNeil

Monday, August 8th, 15th and 22nd
from 5:30 to 7:00 PM with Kristina Ledlow

Saturday, September 10th, 17th and 24th
from 10:00 to 11:30 AM with Sophie McNeil

The virtual childbirth education course is a series of three informational sessions for expecting mothers and their family members. These sessions cover pregnancy, birth, Q & A with the instructor, and more!

TO REGISTER VISIT:

<http://bit.ly/VirtualChildbirthClass>