

Taking care of yourself and your baby while you are pregnant is important.

PRENATAL CLASSES

for Young Parents



You are not alone.

- Others have the same questions, doubts, and fears
- This a chance to talk with other young parents and learn about labour, delivery, relationships, nutrition, how to care for your baby, and more
- Classes are lead by public health nurses from Lambton Public Health

2023
class dates

where
West Lambton
Community Health Centre
429 Exmouth Street, Sarnia



Who can I bring?

Come alone, bring your partner, friend, or relative. A nutritious snack and bus tickets provided each class.

Session 1:

April 18 & 25
May 9 & 16
1:30 p.m. -3:30 p.m.

Session 2:

August 22 & 29
September 5 & 12
2:00 p.m. -4:00 p.m.

Session 3:

November 14, 21, & 28
December 5
2:00 p.m. - 4:00 p.m.

To Register call
519-383-3817

or visit
LambtonPublicHealth.ca
for more details