



PRENATAL

Supports & Services

2024

A healthy pregnancy starts here

- Information on pregnancy, labour, delivery, relationships, feeding and nutrition, and more.
- Learn to develop a post-partum support plan.
- Classes are lead by Public Health Nurses from Lambton Public Health.



**Classes offered
virtually or in home**

familyhealthline@county-lambton.on.ca

519-383-3817

Empowering parents
& providing important
information for a healthy
pregnancy.

or visit
LambtonPublicHealth.ca
for more details.