

*Join the NRHA for
Free evening Prenatal Classes*



Cardstock 2015

Prenatal Classes

ALL PREGNANT WOMEN AND A SUPPORT PERSON ARE ENCOURAGED TO ATTEND

Topics include:
Labor & Delivery
Hospital Tour
Breastfeeding
Newborn Care

To register or for more information please contact the Public Health Unit or your local Nursing Station in your area



**NORTHERN
HEALTH REGION**

07/2019