



Prenatal Classes - Fall Session  
starting  
**Wednesday,**  
**September 14, 2011**  
7pm to 9pm at  
**Community Wellbeing Teaching**  
**Lodge**  
**50 Meadow Drive**

To learn more about  
Fetal Development,  
Maternal Nutrition  
Breastfeeding  
Labor & delivery  
Postpartum Care

For more information or to register  
for classes call  
613-967-3603 and speak with a  
Community Health Nurse

Partners/Supports are really important  
and are welcomed to participate!