



Virtual & In-Person Prenatal Workshops

Brought to you by B.C's leaders in prenatal education

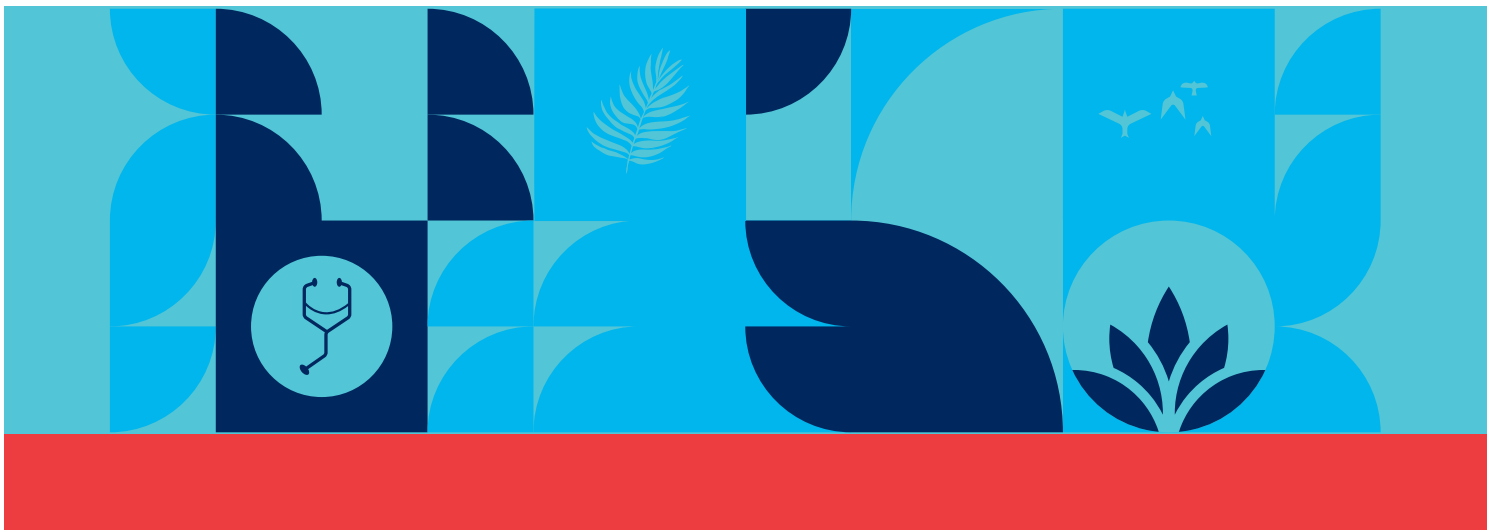
- Virtual prenatal education from the comfort of home
- In-person prenatal classes at the hospital
- Facilitated by expert St. Paul's Hospital educators
- Choice of private virtual sessions or small groups

We offer a variety of prenatal workshop topics to help you prepare before your baby arrives:

- Labour and Birth
- Postpartum and Baby Care
- Breastfeeding with our nurse lactation consultants
- Scheduled Cesarean Birth
- Birth Prep: Supporting Your Birth and Postpartum Body with our pelvic floor physiotherapists

To register, please visit:

bit.ly/SPHVirtualPrenatalClasses





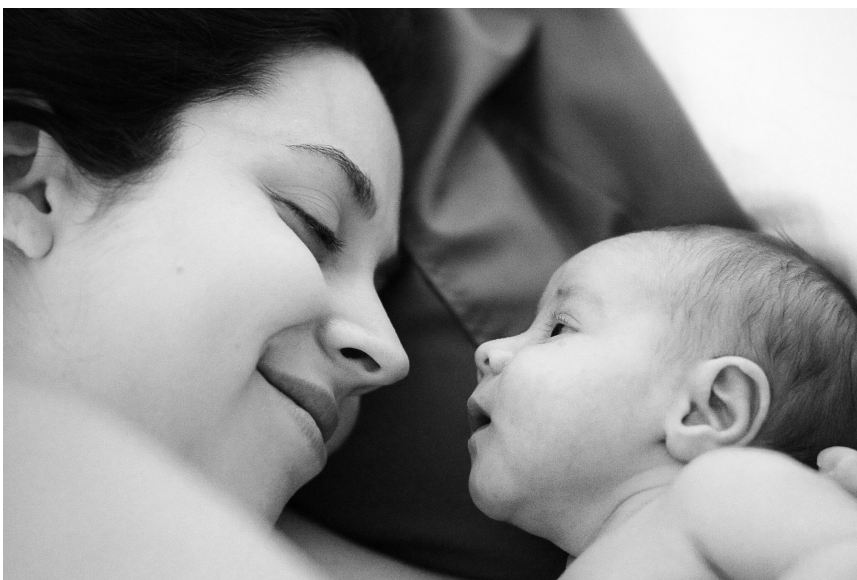
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