

Prenatal Classes Fall, Winter, & Spring 2011–2012

**Learn more about healthy living
during pregnancy, labour and
delivery, and postpartum care.
Each series of six classes are
held weekly on
Tuesday evenings!**

Free to everyone in the community!

FALL SERIES

2011

Sept. 20th–Oct. 25th

WINTER SERIES

2012

Jan 3rd–Feb 7th

SPRING SERIES

2012

Apr 10th–May 15th

**North Lambton
Community Health
Centre
59 King St. W.,
Forest**

**Register by calling
519-786-4545
and speak with
Reception.**

