

# Nurturing New Beginnings

A pregnancy class  
for any mom.

## TOPICS COVERED INCLUDE:

- Mental and physical health
- Breast feeding
- Parenting tips
- Nutrition for baby and mom

*Dinner  
Included*

**MARCH 19, 26, APRIL 2,9**

**6:00–7:30 PM**

**\$20, INCLUDES A SUPPORT  
PERSON TO JOIN YOU**



SCAN THE QR CODE TO  
RESERVE YOUR SPOT  
NOW