



# PRENATAL CLASSES

Are you expecting a NEW addition to your family?

Interested in the NEW and EXCITING things Nash has to offer?

Would you like to learn about pregnancy, labor, & childbirth in an easy, fun environment where you can be yourself?

Join Nash UNC Healthcare for a series of **FOUR FREE classes**.

Topics covered include: Nutrition, Health & Wellness in Pregnancy, Labor & Pain Management, Care of the Newborn, Feeding Methods

Where: NASH UNC WOMEN'S CENTER EDUCATION ROOM

## 2021 SCHEDULE OF CLASSES

### Tuesdays, 7:00-9:00pm

January 5, 12, 19, 26

February 2, 9, 16, 23

March 2, 9, 16, 23

April 6, 13, 20, 27

May 4, 11, 18, 25

June 1, 8, 15, 22

July 6, 13, 20, 27

August 3, 10, 17, 24

September 7, 14, 21, 28

October 5, 12, 19, 26

November 2, 9, 16, 23

December 7, 14, 21, 28

**\*\*Fliers available at the Front Desk or Checkout—all classes are conducted by staff of the Nash Women's Center and not by Nash Ob-Gyn Associates.\*\***

To register - email [nashwomenscenter@unchealth.unc.edu](mailto:nashwomenscenter@unchealth.unc.edu)

For more information, go to [www.nashwomenscenter.org](http://www.nashwomenscenter.org) or call (252) 962-BABY.

***NOTE: All classes January-April 2021 will be VIRTUAL via Webex.  
This is subject to change. You will receive the Webex link after you register.***