



Growing a Healthy Baby Prenatal Classes

Top 3 Reasons to Register for Prenatal Classes:

1. Get the information you need to make important choices for yourselves and your baby.
2. Dads can learn about the important role they play during pregnancy, labour and birth, as well as the early stages of parenting.
3. Increase your confidence in making decisions and caring for your baby.

Online prenatal education also available.

Register early in your pregnancy by calling the Porcupine Health Unit at 705-258-2247 or by visiting phu.fyi/prenatal-ed.
Classes begin in September.

A minimum number of registrants are needed to run the classes.
Les cours sont aussi offerts en français.

