

ARE YOU EXPECTING A BABY DURING THE COVID-19 PANDEMIC?

Join Us for a **FREE Virtual Childbirth Education Course**

The virtual childbirth education course is a series of three informational sessions for expecting mothers and their family members. These sessions cover pregnancy, birth, Q & A with the instructor, and more!

As a thank you for participating in all 3 sessions in your series & completing a feedback survey you will be given a \$75 Visa gift card!

Virtual Childbirth Education series will be held on:

Tuesday, July 13th, 20th and 27th from 9:00 to 10:30 PM or
Thursday, August 5th, 12th and 19th from 4:30 to 6:00 PM or
Monday, September 13th, 20th and 27th from 4:00 to 5:15 PM

Spots are limited so register today!

To register visit: <http://bit.ly/VirtualChildbirthClass>

This course is available to pregnant mothers who live in Berrien, Branch, Cass, Calhoun, Kalamazoo, St. Joseph and Van Buren Counties and is a best fit for women in their third trimester.

For more information, please contact Alaina Dequaine at adequain@mphi.org or 517-324-6064.

Brought to you by:

