



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

2023 SCHEDULE OF CLASSES

Tuesdays, 7:00-9:00pm

January 10, 17, 24, 31

February 7, 14, 21, 28

March 7, 14, 21, 28

April 4, 11, 18, 25

May 2, 9, 16, 23

June 6, 13, 20, 27

July 4, 11, 18, 25

August 1, 8, 15, 22

September 5, 12, 19, 26

October 3, 10, 17, 24

November 7, 14, 21, 28

December 5, 12, 19, 26

****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

For more information, go to www.nashwomenscenter.org or call (252) 962-BABY.

NOTE: All classes are available in-person or virtual. Please let the Women's Center know your preference. All sessions will be recorded.