



# 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

## 2022 SCHEDULE OF CLASSES

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

February 2, 9, 16, 23

March 2, 9, 16, 23

April 6, 13, 20, 27

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

May 3, 10, 17, 24

June 7, 14, 21, 28

July 5, 12, 19, 26

August 2, 9, 16, 23

September 6, 13, 20, 27

October 4, 11, 18, 25

November 1, 8, 15, 22

December 6, 13, 20, 27

**\*\*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 in 2022 will be VIRTUAL via Webex until further notice. This is subject to change. You will receive the Webex link after you register.***