



## *Pregnancy Education Classes*

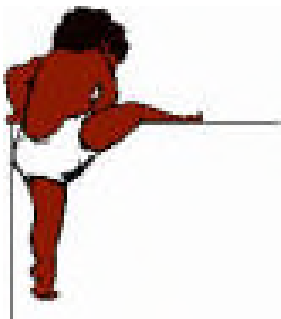


<b>Classes</b>	<b>2022-23</b>	<b>Content</b>
Healthy Pregnancy & Breast Feeding	August 13	Nutrition, exercise, avoiding risks/Breast or Bottle
Labor & Delivery	September 10	Breathing & relaxation techniques
Caring for the New Baby	October 15	Circumcision care, baby bath, crying, swaddling
Healthy Pregnancy & Breast Feeding	November 12	Nutrition, exercise, avoiding risks/Breast or Bottle
Labor & Delivery	December 10	Breathing & relaxation techniques
Caring for the New Baby	January 8	Circumcision care, baby bath, crying, swaddling

**All Classes are held on Saturdays from 10 AM "Sharp" to 12:00 PM**

**Classes are FREE -- Refreshments Served**

**Please Call to Register: (301) 423-0063**



**Classes are being held at:  
 Forestville Pregnancy Center  
 3611 Branch Ave. Suite 201  
 Temple Hills, MD 20748**