



Pregnancy Education Classes

Classes	2020	Content
Labor & Delivery	March 14, June 13, September 12	Breathing & relaxation techniques
Caring for the New Baby	April 18, July 11, October 17	Circumcision care, baby bath, crying, swaddling
Breast Feeding	May 9, August 8, November 14	Breast or Bottle--Which is the Better Choice?

All Classes are held on Saturdays from 10 AM "Sharp" to 12:30 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**

