

# The Bump Ahead Childbirth Education Course

**\$385 + GST  
per couple**

Preparing for the arrival of your new baby can bring about both excitement and anxiety. This comprehensive program will prepare you and your partner for the birth of your baby and the transition into early parenthood.

We've got you covered – These classes are informative, inclusive, and interactive and led by an experienced Registered Nurse/Lactation Consultant and a Clinical Social Worker.

## Choose your own adventure:

**Weekend Course from 9:00 am – 5:00 pm**

**Dates:** Sat. Aug 9 & Sun. Aug 10

**OR**

**7 Weekly Sessions\* from 5:30 pm – 7:30 pm**

**Dates:** Mondays starting Oct 20 through Dec 08

***bump, birth & beyond***

**110 – 400 Main Street N. Airdrie, AB**

### Some of the topics include:

- Prenatal nutrition
- Labour & Delivery: what to expect, interventions and options and how to prepare for the journey
- Perinatal mental health
- Postpartum: recovery and care, lactation, feeding your baby & newborn care... and SO much more



Register via QR Code  
or by visiting  
[bumpbirthandbeyond.ca](http://bumpbirthandbeyond.ca)



**\*No classes on STAT holidays**

