

free

Pregnant?

Childbirth Preparation Classes

Learn about healthy pregnancy,
safe and comfortable labor,
and how to take care of your newborn!

All in two sessions!!!!!!

OPEN TO THE PUBLIC!



Dates: Tuesdays
January 17th and 24th, 2012
3:30 pm – 6:30 pm



**Middletown Healthy Families
at Occupations Inc
16-24 Union Street, Middletown NY**

To register:

Call or text Rachel at 845-590-6978



Sponsored by
**Maternal-Infant Services Network of
Orange, Sullivan, and Ulster Counties, Inc.**

www.misn-ny.org

845-928-7448 ext. 308

