

free

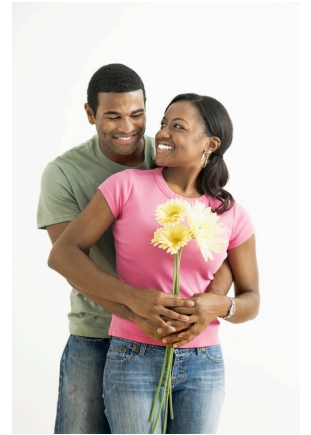
Childbirth Preparation Classes

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



**FREE AND OPEN
TO THE PUBLIC!**

**Dates: Wednesdays
September, 22nd & 29th,
October, 6th & 13th
2:30-4:30**



**Middletown Community Health Center,
Women's Health Services
WIC program
140 Hammond St.
Port Jervis, NY 12771**

To register:

Call Rachel at 845-590-6978

Or sign up with Rita or Ann at the WIC office



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

www.misn-ny.org

845-928-7448