

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!**

**Monday, January 23, 2012 &
Monday, January 30, 2012
5—7 pm**



**Hudson River Health Care
75 Orange Ave.
Walden, NY**

*Class size limited; please register
before January 20, 2012*

*Call Liz at 845-430-0455 or
Violet at 845-928-7448 ext 308*



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

www.misn-ny.org

845-928-7448

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