



we deliver

Nash WomensCenter.org



Join us for a free three-class series on pregnancy, childbirth and infant development.

Topics covered include:

- The Science of Pregnancy
- Nutrition Advice for Mothers and Babies: What You Need to Know
- How to Prepare for your Best Birth
- Here Comes Baby: Labor Stages and how to Manage Them
- Tips, Tricks, and Techniques for Pain Management
- Vaginal vs. Cesarean birth
- Breastfeeding 101
- How to Care for your new Infant

Classes will be held on Tuesday, August 2, 9 and 16, from 7:00 pm–9:00 pm in the education room of the brand-new Nash Women’s Center on Nash Health Care’s Campus. Babies and loved ones are always welcome!

For more information or to RSVP for the series, contact

The new
NASH WOMEN’S CENTER

at
womenscenter@nhcs.org

