

# CHILDBIRTH EDUCATION



**The Four Villages**  
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

## Come learn about:

- ✓ Healthy Pregnancy
- ✓ Exercise and Nutrition
- ✓ Labour and Delivery
- ✓ Breastfeeding
- ✓ Baby & Mommy Care
- ✓ Newborn Needs



*Interpreter provided as needed.*

**WHEN:** Thursdays, September 17<sup>th</sup> to October 15<sup>th</sup>, 2020

**TIME:** 2:00 to 4:30 pm

**WHERE:** Virtual program using ZOOM

For more information or to register call Leah at  
**416-604-6456**