

**free**

# Pregnant?

## Childbirth Preparation Class

Learn about healthy pregnancy,  
safe and comfortable labor,  
And how to take care of your newborn  
**All in two sessions!!!!!!**

**OPEN TO THE PUBLIC**

**Mondays**

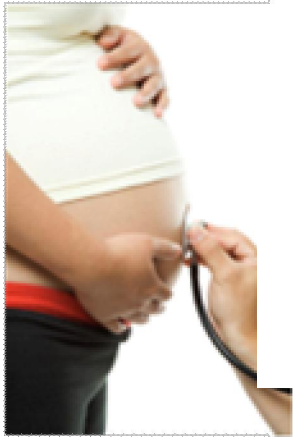
**March 5<sup>th</sup> and 12<sup>th</sup>**

**From 3:30pm to 6:30pm**

**Middletown Healthy Families**

**At Occupations Inc**

**16-24 Union Street, Middletown NY**



*Sponsored by*

**Maternal-Infant Services Network**



Call or text Rachel to register 845-590-6978