

free Pregnant?

Learn about healthy pregnancy, safe

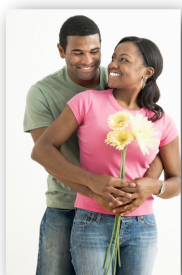
Childbirth Preparation Classes!

and comfortable labor, and how to
take care of your newborn!



FREE AND OPEN TO THE PUBLIC!

Dates: Mondays March 19th, 26th
And April 2nd



2:30 pm—4:30 pm



**Middletown Community Health Center
Women's Services WIC Program
140 Hammond Street, Port Jervis NY**

Call or text **Rachel** at **845-590-6978** or Email rdurland@misn-ny.org

Sponsored by: Maternal-Infant Services Network

of Orange, Sullivan and Ulster Counties, www.misn-ny.org, 845-928-7448