



LUCINA MIDWIVES

Presents

EXPANSION

Prenatal Classes

Join Yaron & Carly for a unique prenatal series that will help you:

- Reduce the FEAR surrounding labour, birth, and parenting
- Increase the JOY in your birthing and parenting experience
- Learn lifelong lessons for managing STRESS and anxiety
- Gain practical BIRTH SUPPORT tips

Choose between

Series I: May 2, 5, 9 & 12 6:30-9pm OR

Series II: July 4, 6, 11 & 13 6:30-9pm

Cost \$240 per Series. Please contact if cost is a barrier.



For More Info:

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Text: 587-778-1593

To Register:

