

HEALTHY BIRTH INITIATIVES

Prenatal Education Class

FREE CULTURALLY SPECIFIC EDUCATION FOR
BLACK & AFRICAN AMERICAN PARENTS, AVAILABLE TO ALL

WEEK 1: HAVING A HEALTHY PREGNANCY, NUTRITION

WEEK 2: BREASTFEEDING

WEEK 3: PREGNANCY COMPLICATIONS

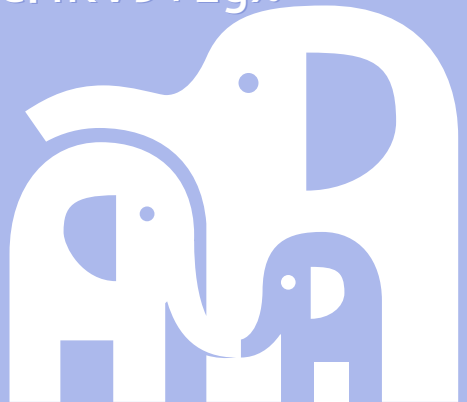
WEEK 4: NEWBORN CARE, SEXUAL HEALTH

TUESDAYS | 3PM–4PM ON ZOOM
[EXCEPT HOLIDAYS & 5TH TUESDAYS]

Register to get Zoom link



Meeting ID: 973 4145 0902
Passcode: iKV9+Eg%



For more information, email healthy.birth@multco.us