



# COCHRANE PRENATAL HEALTH GROUP

**Thu, Jul 8 & 22, Aug 26 | 9:30-11am**

**Cochrane & Area Family Resource Network | 127 First Ave W**

Join us for an online casual café, where you can meet with an Alberta Health Services Childbirth Educator and a Registered Dietitian while connecting with other parents on the topics of pregnancy, nutrition, labour and birth, breastfeeding and feeding your baby, infant sleep, newborn care, transition to parenthood and early parenting.

**REGISTER: [www.cochrane.ca/programguide](http://www.cochrane.ca/programguide)**

Zoom link and password will be provided upon registration

