



COCHRANE PRENATAL HEALTH GROUP (virtual)

Thu, Jun 9 & 23 | 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 Online: [Cochrane.ca/programguide](https://cochrane.ca/programguide)

Please note: “AHS still has restrictions in place to protect Alberta’s most vulnerable from COVID-19. In-person prenatal groups will return when AHS restrictions are fully lifted. Until then we will continue to offer interactive virtual group classes that you can experience from the comfort of your own home.”

