



COCHRANE PRENATAL HEALTH GROUP

Starting in September!

2ND&4TH WED | 10-11:30AM | DROP-IN | IN-PERSON

In partnership with Cochrane & Area Family Resource Network

Join an AHS Childbirth Educator and Registered Dietitian while connecting with other parents on the topics of pregnancy, nutrition, labour, birth, infant feeding/sleep/care and transition to early parenthood. Pregnant or parenting up to 6 months are welcome.



127 1 Avenue, Cochrane

