



# COCHRANE PRENATAL HEALTH GROUP

For those who are pregnant or parenting newborns to 6 months

**2ND&4TH WEDNESDAYS | 1:30-3:00 PM | FREE**

**Cochrane & Area Family Resource Network, 127 FIRST AVE W**

Join an AHS Childbirth Educator and Registered Dietitian while connecting with other parents on topics including pregnancy, nutrition, labour, birth, infant feeding and care, and transition to early parenthood. Supervised toddlers welcome. Refreshments provided.

