

# **Winter Prenatal Class Session 3 : Your Pregnant Self**

**Thurs. February 6, 2025 1:00-  
3:00 at the Tsuut'ina Health  
and Wellness Services**

**Please come out and learn  
about Birth Choices, Labour  
Preparation and Due Dates**

**To register please call  
Karen at 403-251-7575**



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