

**Winter Prenatal Class**  
**Your Pregnant Self**  
**Tuesday February 3, 2026**  
**Session 2**  
**1:00- 3:00 pm**

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

**Embrace the journey,  
one moment at a time.  
Your strength and love  
are creating a life full  
of possibilities.**

**Tsuut'ina Health Centre**  
**72 Bullhead Road**  
**Call Kathy to register**  
**403 251-7575**

