

Zask'a (Winter) Prenatal Class

Schedule

Tuesdays January 27- March 10, 2026

From 1:00-3:00 at the Health Centre

- **January 27: Partners and Pregnancy**
- **Feb 3: Your Pregnant Self, Birth Choices, Labour Preparation**
- **Feb 10: Early Labour, Active Labour, Delivery & Coping in Labour**
- **Feb 17: Your Postpartum Body, Postpartum Preparation, Normal Baby Behaviour**
- **Feb 24: Breast Feeding and Feeding Your Baby**
- **March 3: Vaccines, FN Health Client Liaison & NIHB**
- **March 10: COHI & Nutrition**



Please call Kathy with the
Early Years Program at 403-
251-7575 to register

