

# Your Postpartum Body

## Postpartum Preparation

### Normal Baby Behavior and Feeding

**Winter Prenatal Class - Session 4**  
**Tsuut'ina Health Centre**  
**72 Bullhead Road**  
**February 17, 2026**  
**1pm - 3 pm**

**Embrace the journey from pregnancy to postpartum; each phase is a testament to your strength and love.**

**Contact Kathy with the Early Years Program to Register at 403 251-7575**



Diganáats'idinídaki