

Spring Prenatal Class

April 21, 2026 to June 2, 2026

1:00 to 3:00 pm

Tsuut'ina Health Centre

72 Bullhead Road

- April 21, 2026 - Partners and Pregnancy
- April 28, 2026 - Your Pregnant Self, Birth Choices, Labour Preparation, Due Dates
- May 5, 2026 - Early Labour, Active Labour, Deliver, Coping in Labour, and Pain Management
- May 12, 2026 - Your Postpartum Body, Postpartum preparation, Normal Baby Behavior and Feeding
- May 19, 2026 - Nutrition and COHI
- May 26, 2026 - Breast Feeding & Feeding Baby
- June 2, 2026 - Vaccines & FN Client Health Liaison & NIHB

Call Kathy to Register

403 251-7575



Attend all classes and you will be entered in a draw for a Graco Comfy Cruiser Travel System!