

Early Pregnancy Classes

Miraculous Multiples: \$25 per couple; 9 a.m. – 12 p.m.

Couples expecting twins or more can learn how to handle the physical discomforts and stresses of pregnancy, increased nutritional demand and parenting more than one infant. Schedule as needed.

Saturday: 2/11, 4/22, 6/24

Off to a Good Start: \$15 per couple; 7-9 p.m.

Important information for prenatal health. Includes preterm labor, nutrition, exercise, changes of pregnancy and fetal development. Class must be taken before 20 weeks gestation.

Monday: 2/20, 5/29

Tuesday: 12/20, 3/7

Wednesday: 4/12, 6/7