

Early Pregnancy

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.

Mondays: 7/30, 8/13, 12/17

Tuesdays: 9/18, 10/30, 11/27

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: 11/5

Thursday: 7/26, 9/27