

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: 1/27, 3/24, 5/5

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.

Tuesday: 5/1

Wednesday: 1/31

Thursday: 3/8