

# Health Unit Media Release

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## Health Unit Prenatal Classes Return to Gananoque in 2007

(Gananoque) **The Leeds, Grenville & Lanark District Health Unit is pleased to announce that Prenatal Classes will once again be available in Gananoque, starting in January 2007.** The Health Unit's new office location at 375 William Street South, is ideal to offer the classes once again. Space limitations in the former office required class cancellations for a number of years but access to a new spacious teaching room makes it feasible to make classes available to local residents.

**Prenatal Class participants can choose between a 7-week series of classes offered on Tuesday evenings or a new weekend option that consists of two consecutive Saturdays.** Both options are scheduled during 2007.

Health Unit Prenatal Classes offer up to date information from a reliable source. Participants receive a take-home handbook & numerous resources to help prepare for the birth of a new baby. Topics covered include making healthy lifestyle choices, getting ready for labour & delivery, breastfeeding, and caring for the baby. The registration fee is \$40.00, but subsidy is available based on client need.

For more information & to register, please contact the Gananoque office of the Health Unit:  
**613-382-4231**