

Leeds, Grenville and Lanark District Health Unit

MEDIA RELEASE

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Announcing New Prenatal Classes offered at 6 different sites in Leeds, Grenville and Lanark.

Public Health Nurses will be teaching Prenatal Classes (4 sessions) from the following locations: Almonte, Brockville, Carleton Place, Gananoque, Kemptville and Smiths Falls.

We are pleased to announce the launch of our New Prenatal Classes to expectant parents. These improved prenatal classes, reflect our commitment to evidence-based best practice in healthy pregnancy.

A Healthy Family Starts Before Birth

With so many resources out there, it can be hard to know which ones have the best and most reliable information you need at this important time in your life. The Health Unit offers prenatal classes with up to date information regarding your pregnancy, birth and infant care.

Prenatal classes are run by Public Health Nurses where videos, activities, and interactive discussions are used to help you have a healthy pregnancy. Pregnant women are encouraged to bring their support person along so both can benefit from prenatal education.

At the sessions, you will learn about:

- Becoming parents and adjusting to your new roles
- How to bond with your baby
- Preterm labour signs and symptoms
- Your growing baby during pregnancy
- Healthy eating and nutrition
- The importance of skin to skin contact
- How to read and understand your baby's cues
- Emotional and physical changes during and after pregnancy

Please feel free to contact the Health Unit at 1-800-660-5853 if you have further questions or would like to register. You can also get more information about pregnancy and preconception at our website: <http://www.healthunit.org/pregnancy/>. For important public health updates, like us on Facebook.

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