

# Planning or Expecting a Baby?

**ASK YOUR HEALTHCARE PROVIDER**  
**and join our FREE online prenatal classes**

Learn About:

- Supporting your partner during pregnancy
- Prenatal health
- Labour and delivery
- Baby care
- Bonding with baby
- Breastfeeding and feeding baby
- Infant safety ... and more!



Complete in your own home, on your own schedule!

**Register Online:**

[www.publichealthgreybruce.on.ca/onlineprenatal](http://www.publichealthgreybruce.on.ca/onlineprenatal)  
or call 800 263 3456 ext 1221



**There's also an app for it!**

