

## LAMAZE CLASSES

Are you interested in attending Lamaze Classes?  
Is this your first baby and don't know what to do?  
How to bathe baby? How to breastfeed baby?  
Give us a call and we'll recommend a class to suit  
your schedule. Classes offered include:

- Pre and Post Natal Care
- Relaxation techniques for Labour & Delivery
- Care of Mother & Baby
- Breastfeeding & Breast Care