

Get Educated, Informed and Empowered!

~Free Healthy Pregnancy Class~

Held in the lobby of the South Denver OB/GYN & Midwives Littleton location, with two classes to choose from monthly

Sign-Up at the front desk or call into the office

Class Topics Include:

- Nutrition
- Exercise
- Common pregnancy questions
- What to expect for prenatal appointments
- Standard pregnancy tests/Screening
- Options for birthing

Additionally, for information on Doula Services, Childbirth Classes, and Breastfeeding Classes, please call or visit Jacie Gonzales at: 303-941-8824, 1MotherToAnother.com, SouthDenverDoulas.com