



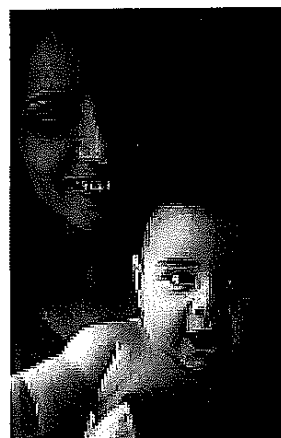
FUTURE MOTHERS

Prenatal Classes

In Spanish

Provided by Northwest Community Hospital

How to have a healthy pregnancy
Dealing with common discomforts
Signs of labor and pre-term labor
When to go to the hospital and what to bring
Stages of labor and pain relief options
Feeding your baby
Care of your newborn baby



Class is taught by an NCH Registered Obstetric Nurse
A tour of the hospital maternity department is provided

FREE

Where and When

This is a 4-part series held each month.

FREE

Palatine Opportunity Center
1585 Rand Road, Palatine
Wednesdays, 9:00-11:30am
To register, call 847-776-9500 x 0

Community Connections Center
1711 W. Algonquin, Mt. Prospect
Thursdays, 5:00-7:30pm
To register, call 847-506-4930

You are welcome to bring a companion.