



# PRENATAL CLASSES

Get all the tools you need to enhance your birthing experience

The Hylton Family Women's and Children's Center is now offering childbirth education classes in English and Spanish.

The two-session course is designed to share information with expectant mothers about what to anticipate throughout their pregnancy, during childbirth and while caring for a newborn.

The Prince William Medical Center Labor and Delivery team will teach moms-to-be about comfort techniques, medical procedures (including cesarean section) and tools for postpartum care.

Classes are offered at no cost and are open to the public.

## JOIN US

**Time:** 7 p.m. to 9 p.m. on Tuesdays and Thursdays and 1 p.m. to 3 p.m. on Saturdays and Sundays

**Place:** Prince William Medical Center's Hylton Family Women's and Children's Center, 8700 Sudley Road, Manassas, VA 20110

**Registration:** Call 703.314.1904 or email [gammatus@novanthealth.org](mailto:gammatus@novanthealth.org) to register or to get additional information.