



# 2019 Prenatal & Childbirth Education Classes

**Prenatal (Tuesdays 7-10pm): Jan 15 / Apr 16 / July 9 / Oct 15**  
**Breastfeeding classes (7-9pm): Jan 22 / Apr 23 / July 16/ Oct 22**  
(private sessions also available on request)

**small group setting · friendly and supportive environment ·  
nutrition & exercise · stages of labour · what to expect · natural  
comfort measures · labour positions · introduction to  
breastfeeding**

*“Dr. Tanya's Prenatal Course is a must for any dad (and mom) to be!  
The information and techniques learned proved invaluable during  
my wife's labour.” happy dad*

Space is limited so reserve your spot as a couple early!  
Course Fee: \$50 for Prenatal/ \$30 for Breastfeeding  
Instructor: Dr. Tanya Chambers, BKin, DC, FICPA  
Family Chiropractor, Prenatal Educator  
& Breastfeeding Counsellor



STRATFORD  

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Chiropractic & Wellness  

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CENTRE 

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