



2020 Prenatal & Breastfeeding Classes

Prenatal (7-10pm):
Wed Jan 22 / Wed Apr 8 / Tues July 7 / Tues Oct 20

Breastfeeding Essentials (7-9pm):
Wed Jan 29 / Wed Apr 15 / Tues July 14 / Tues Oct 27

small group setting · friendly and supportive · couples + teamwork
focus · stages of labour + what to expect · natural comfort
measures · labour positions · essentials for breastfeeding success

*“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 Fees: \$60 for Prenatal/ \$40 for Breastfeeding
Instructor: Dr. Tanya Chambers, BKin, DC, FICPA
Family Chiropractor, Prenatal Educator
& Breastfeeding Counsellor



STRATFORD

Chiropractic & Wellness

CENTRE 

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