

*free*

# Childbirth Preparation Classes

Learn about healthy pregnancy,  
safe and comfortable labor,  
and how to take care of your newborn!

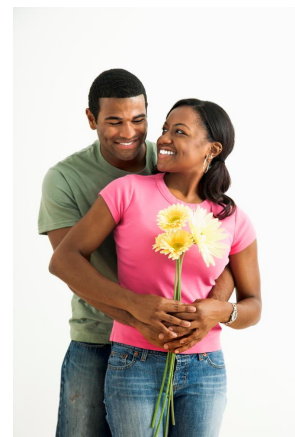


**FREE AND OPEN TO  
THE PUBLIC!**

**Dates:**

**March 8, 15, 22, 29**

**6:00 pm — 8:00 pm**



**Catskill Regional  
Medical Center**

*Call 845-845-417-6165*

*Or 845-985-7691 to register*



**FREE AND OPEN TO  
THE PUBLIC!**



*Sponsored by*

**Maternal-Infant Services Network of  
Orange, Sullivan, and Ulster Counties, Inc.**

[www.misn-ny.org](http://www.misn-ny.org)

845-928-7448