



MATERNITY CLASSES

Should I take prenatal classes? Which class is best for me?

At Sentara, we strive to improve health every day. Our pregnancy to post-partum education program is one way we uphold our mission. We offer classes to prepare expectant parents and support persons for their upcoming journey of parenthood. Sentara is happy to provide in-person classes that you can attend and receive education from our well-trained instructors.

Our classes cover topics such as:

- Breastfeeding
- Infant Safety
- Infant CPR
- Postpartum Support
- Childbirth

**SCAN TO SIGN UP
TODAY!**



[Sentara.com/events](https://www.sentara.com/events)