



ONLINE MATERNITY CLASSES

Can't make it to an in-person class? We will bring the class to you.

Maybe you work late or on weekends, perhaps you're on bed rest for health reasons, or you just prefer to learn online. Whatever the reason, our online pregnancy to post-partum education program is the perfect fit for you! Sentara is happy to provide online childbirth and parenting preparation classes that you can take conveniently from home or choose to pair with an in-person class or tour.

Trusted education, your way.

- Learn essential information that's reviewed and current
- No commercials or sponsored content
- Access information when, where, and how you prefer
- Share information with your partner and support people
- Learn with videos, quizzes, and extended activities
- Get organized with tools, planning checklists, and trackers

Each eClass includes engaging videos, 3D animations, learning activities, fun quizzes, helpful web links, downloadable PDFs, and a Parent's Toolbox.

**SCAN TO SIGN UP
TODAY!**



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