

# You're invited to FREE LIVE ONLINE prenatal classes!



Capital Women's Care® is offering you access to the Tummy Talks™ prenatal class series that provides valuable information about what to expect during labor, delivery, and beyond. All classes are taught by experienced childbirth educators.

## Preparing for the Big Day

### **The Grand Entrance** LABOR & DELIVERY - PART 1

- Having your baby
- Signs and stages of labor
- Positions for labor

### **Perfect Planning** LABOR & DELIVERY - PART 2

- Birth plans
- Medical interventions
- Pain relief options
- Cesarean sections
- Cord blood and cord tissue stem cell preservation

## Caring for You and Your Baby

### **Off to a Great Start** POST PARTUM - PART 1

- Physical and emotional changes
- Your newborn's world  
(appearances, behaviors, routines)

### **Baby Love** POST PARTUM - PART 2

- Safe sleep and an awareness of SIDS
- How to know if your baby is sick and when to call the doctor
- Breastfeeding

Scan here to  
register today!



Attended by 50,000+ Expectant Parents

[info.tummytalks.com/CWC](https://info.tummytalks.com/CWC)



Questions?  
[help@tummytalks.com](mailto:help@tummytalks.com)

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