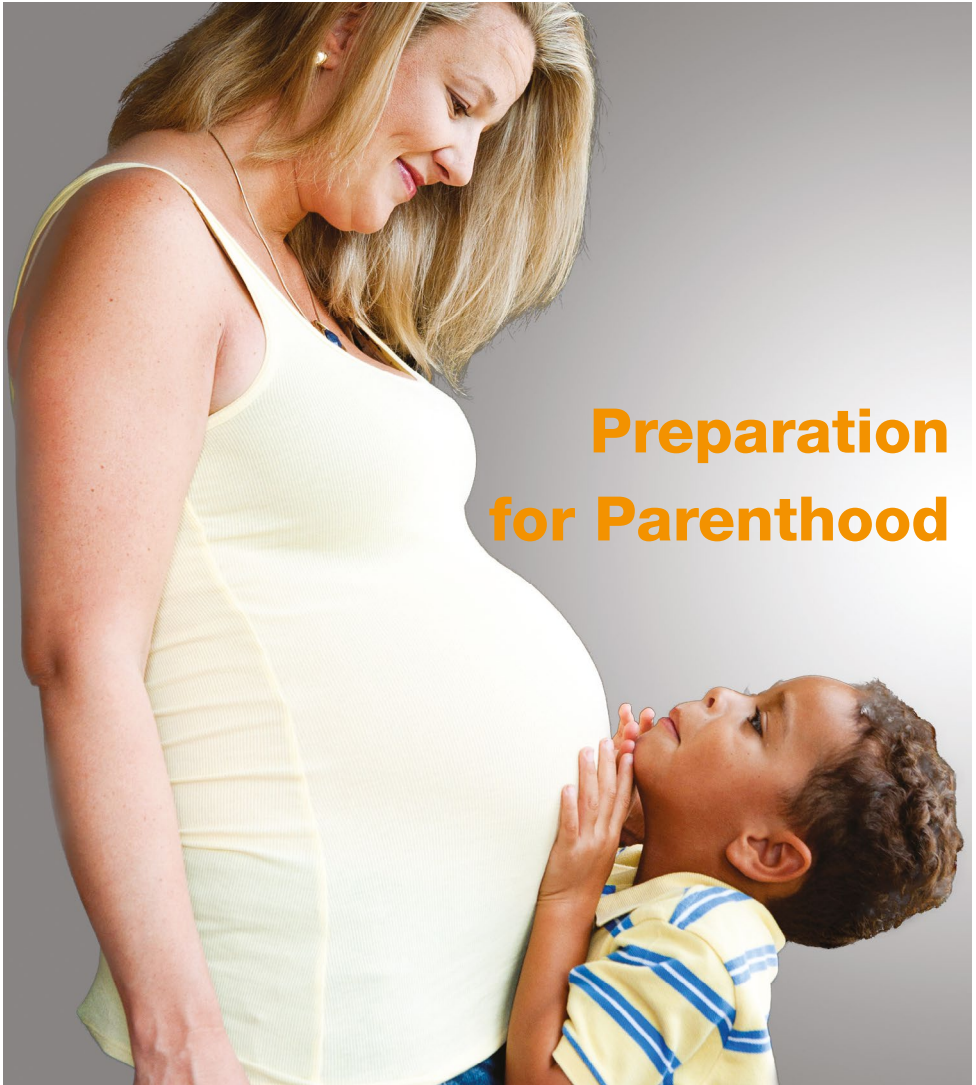


Are you expecting a baby?

Free 6-week programme



Preparation for Parenthood

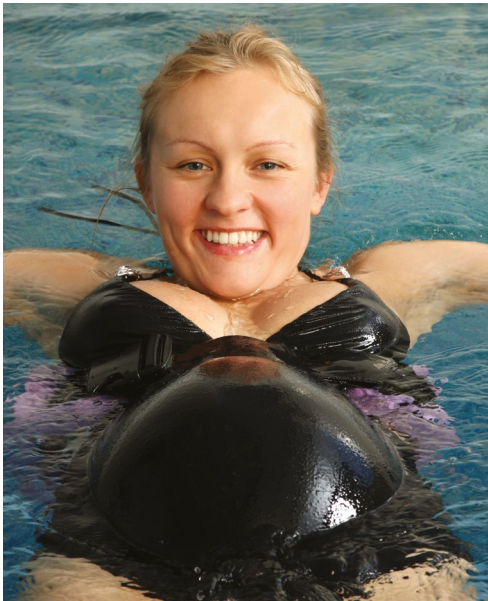
Everyone wants the best start in life
for their new baby.

Pregnancy is a great time to start
thinking about the healthy lifestyle you
want for yourself and your family



Are you pregnant?

Come along – with or without a partner – to a relaxing and friendly group to help you get ready for life after birth.



Sessions will explore:

- Looking after yourselves before and after the birth
- Exploring the kind of family lifestyle you want to provide for your child
- Trying out new habits so you will be a healthy role model for your new baby
- Responding to your newborn's needs