FIRST 5 ORANGE COUNTY

OC PRENATAL CONNECT

A Prenatal Group Series funded by First 5 Orange County

Receive a certificate and FREE gift upon course completion

CHILDBIRTH PREPARATION *WAITING WITH LOVE*

Join us to learn all you must know to have a healthy pregnancy, an empowering birth experience and to embrace the new life with your baby.

This **6-class series** is designed for women and pregnant couples in their **second and third trimesters**. Invite your partner or support person to join the online classes, even from another location.

You'll learn more about:

- Fetal development and what to expect in each trimester
- Recommendations for a healthy pregnancy
- Ways to take of care your physical and mental health
- Nutritional recommendations
- Preparation for childbirth by getting in touch with your intuition & inner wisdom
- Breathing, visualization and relaxation exercises for easier childbirth
- Newborn care and cultural practices in pregnancy and postpartum.

BEGINS	MAY 07, 2025
DAY	WEDNESDAYS
TIME	10:00AM - 12:00 PM

At MOMS - 1128 W Santa Ana Blvd., Santa Ana

714-972-2610

Scan

or

Click Here to Register



FACILITATOR
Diana Osorio, MOMS CLC, CCE,
Health Educator

In collaboration with

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