



# Early Pregnancy Classes

## Find out what to expect when you are expecting.

This two class series is designed for women and their support person to find out what to expect when you are expecting. It is intended for 1st and 2nd trimester (up to 24 weeks) of pregnancy. Women who are planning a pregnancy are also welcome. Topics include:

- Physical and emotional changes
- Weight gain, nutrition, diet and exercise
- Common discomforts/comfort measures
- Fetal development
- Breathing and relaxation visualization
- Breastfeeding information

**FREE**

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Download a complete description of all childbirth classes and class schedules at:  
[hillcresthospital.org/childbirthed](http://hillcresthospital.org/childbirthed)

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Register for classes at [hillcresthospital.org/calendar](http://hillcresthospital.org/calendar)

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For more information call 440.312.4647