

# Are You Expecting?

## Red Deer Regional Hospital Small Group Prenatal Class & Hospital Tour



RDRHC Labour & Delivery nurses invite expectant families to a free labour preparation class. This class will include education on labour, delivery, post partum recovery and a guided tour of the RDRHC labour and delivery unit.

The goal is to help you feel informed, prepared and confident as you approach childbirth.

### Registration:

To register scan the QR code or call 403-406-5650 for more information

