



Free Early Pregnancy Class

- ❖ Nutrition ideas
- ❖ Exercise in Pregnancy
- ❖ Easing Morning Sickness
- ❖ Avoiding Toxins

*Women (pregnant or not) are welcome to attend this free class, offered monthly.
Partners or support people are also welcome!*

INSTRUCTOR: Mary Ann Baul RN, LM, CPM

WHEN: Call for date and time

WHERE: Womancare Midwifery
20 E. Cherry Ave.
Flagstaff, AZ 86001

928-779-6064