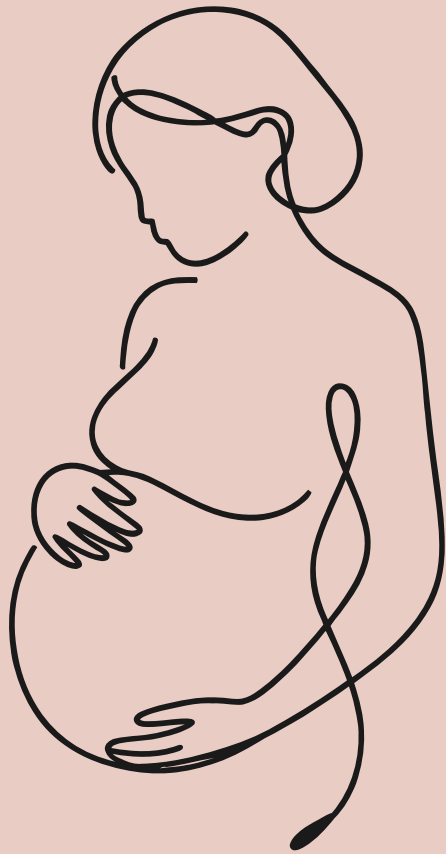
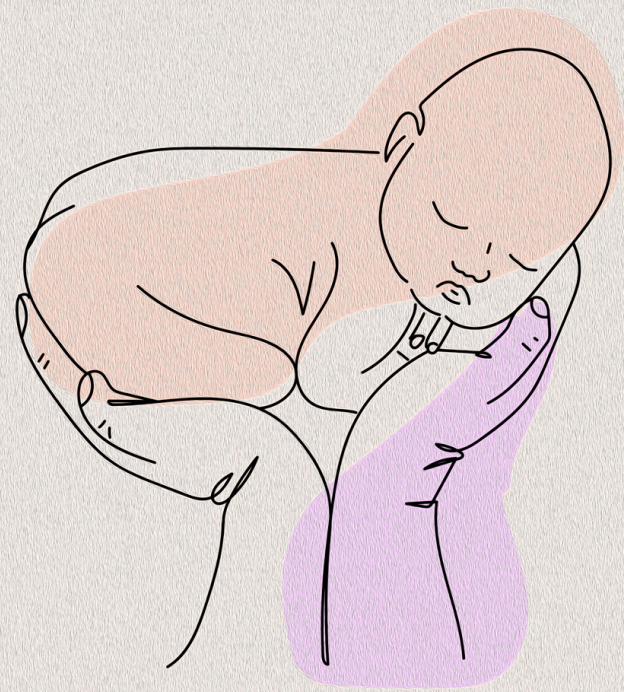


# GETTING READY FOR BABY?

\$25 PER COUPLE • VIRTUAL CLASS



## JOIN OUR VIRTUAL BIRTH PLANNING CLASS

A live, midwife-led virtual class designed to help you feel informed, confident, and supported as you prepare for birth.

### WHAT WE'LL COVER:

- Understanding your options for labor & delivery
- Comfort measures & pain management
- Creating a birth preference plan tailored to your personal birth goals

### Class Details:

Virtual (join from home!)

Led by one of our experienced midwives



RESERVE YOUR SPOT: (703)-273-9440