



DURHAM
REGION
HEALTH
DEPARTMENT

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FAX about ...



Free Online Prenatal Classes

Durham Region Health Department has launched new online prenatal classes. The free online classes provide essential information about **pregnancy, birth, breastfeeding and parenting**. Prenatal education is positively associated with health promotion behaviours such as exercise and nutrition and leads to increased likelihood of a vaginal birth, arriving at the hospital in active labour, as well as breastfeeding initiation and duration.

The online prenatal classes are offered on a mobile-friendly platform and provide a convenient way for expectant families to access up-to-date, Canadian, evidence-based prenatal education. Each class includes videos, 3D animations, activities, helpful tools and local resources.

Registration is easy, users can access the classes and information any time and learn at their own pace. All expectant families are encouraged to start the classes as early as possible in pregnancy.

Visit durham.ca/onlineprenatalclasses

Health care provider resources now available to order online durham.ca/HCP.

Durham Region Health Department: 905-668-7711, 1-800-841-2729

September 17, 2019

If you prefer to receive this information in an electronic format please submit your request to healthresources@durham.ca

If you require this information in an accessible format, contact 1-800-841-2729.