

Prenatal Wellness Program

Enjoy a Healthy Pregnancy

Join other parents-to-be for an informative
15 hour wellness program.



- Learn the key factors to a healthy pregnancy
- Weekly prenatal fitness classes
- Prenatal nutrition education
- Stress management information
- Nutritious snacks provided
- Attend prior to birthing & delivery class

Please note: This is not a labour and delivery class

Kelowna Family Y

Tuesdays, Mar 2—Apr 6, 6-8:30pm

Tuesdays, Apr 13—May 18, 6-8:30pm

Tuesdays, May 25—Jun 29, 6-8:30pm

H2O Adventure & Fitness Centre

Thursdays, May 6—June 10, 6-8:30pm

Members: \$17.45/Public: \$34.95 Partners register FREE!
Financial Assistance May be Available. Please call for details.

Register today—space is limited!

Ph: 491-YMCA (9622) for Kelowna Family Y

Ph: 764-4040 for H2O Adventure & Fitness Centre



A partnership between the
YMCA-YWCA of the Central Okanagan, and
The Bridge Youth & Family Services



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