



SHAWNEE COUNTY BABY BASICS PRENATAL CLASSES

Being a Mom® Group Prenatal Education

Whether you are experiencing a pregnancy for the first time or the fourth time, each experience is different and can create new challenges and concerns!

Interact with other pregnant women and find out more about common pregnancy experiences including what to expect during labor and delivery, how to be successful with breastfeeding, and how to calm your baby.

Classes are held at the Health Department.



Public Health

Prevent. Promote. Protect.

Shawnee County Health Department

Free sessions!

**Share your
experiences and
learn!**

Earn rewards!

**Next Session:
Wednesdays**

**January 12, 2022 –
February 12, 2022
3:30-6:00p.m.**

Register today!

babybasic@snco.us

class size is limited

**SHAWNEE COUNTY
HEALTH DEPARTMENT**

2600 SW East Circle Drive
Topeka, KS 66606

785-251-5647

www.shawneehealth.org

*This program utilizes the March of Dimes Becoming a Mom®/Comenzado bien curriculum and is supported by the Kansas Department of Health & Environment and March of Dimes.