



Introducing Virtual Classes and Groups for Expectant and New Parents

We're pleased to now offer a variety of virtual classes, instructor-led via Zoom, as well as self-paced e-Classes, which are online modules that you and your partner can work through at your own pace.

- Best Beginnings (0-3 months) Parent & Baby Groups (Virtual)
- Best Beginnings (4+ months) Parenting Classes (Virtual)
- Breastfeeding Your Infant (Virtual)
- Childbirth: Low Intervention Techniques for Managing Pain Naturally (Virtual)
- Understanding Childbirth – Online eClass (self-paced, 4-6 hours)
- Understanding Your Newborn – Online eClass (self-paced, 2-3 hours)

Enrolling is Easy!

- Visit johnmuirhealth.com/pregnancy
- Select “Classes & Breastfeeding Resources”
- Select “View Classes”
- Follow steps to enroll online

