



Maternal Child Health

Community Memorial Health System

Prenatal Yoga

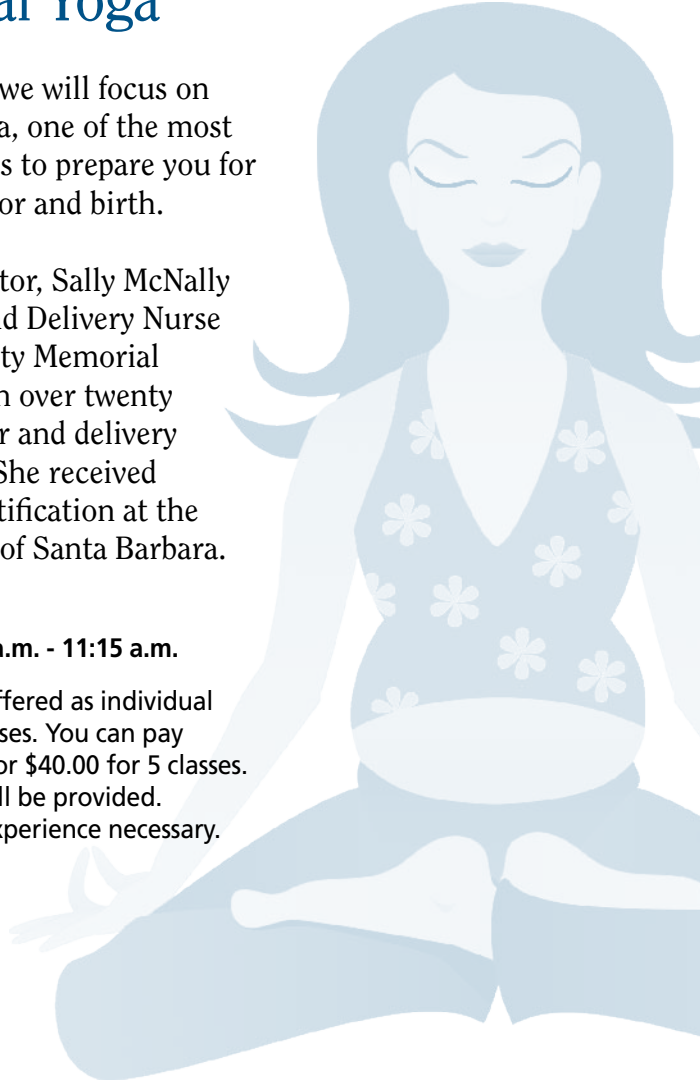
In this class we will focus on prenatal yoga, one of the most effective ways to prepare you for a relaxed labor and birth.

Yoga instructor, Sally McNally is a Labor and Delivery Nurse at Community Memorial Hospital with over twenty years of labor and delivery experience. She received her yoga certification at the Yoga Studio of Santa Barbara.

Class Times

Fridays 10:00 a.m. - 11:15 a.m.

Class will be offered as individual "drop-by" classes. You can pay \$10.00 a class or \$40.00 for 5 classes. All supplies will be provided. No previous experience necessary.

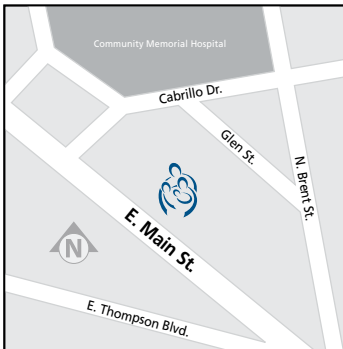




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Getting ready for a new baby is a thrilling time. At Community Memorial Hospital we offer classes to help you, your coach and your family prepare for the arrival of your baby and parenthood. Our goal is to offer services that promote healthy individuals and strong families. If you would like information on prenatal yoga or any of our other classes please visit our website at cmhhospital.org or call 658-BABY(2229).



New Parent Resource Center

2809 E. Main St., Ventura

Parking is available on the street or in the back. We accept credit/debit cards, checks or cash.