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In-person prenatal, postnatal classes resume

LETHBRIDGE — In-person prenatal and postnatal group classes are returning across the South Zone of Alberta Health Services (AHS), after being paused in March 2020 due to COVID-19.

Classes will resume gradually, staggering start times and building capacity over the summer. In-person classes will resume in Lethbridge this month, with classes resuming in Medicine Hat and additional South Zone sites this fall.

Recommended for clients in their final trimester, prenatal evening classes in Lethbridge run once a week for four weeks, on Monday or Thursday from 6:30 p.m. to 8:30 p.m. Weekend classes take place once a month on Saturday or Sunday from 9:15 a.m. to 3 p.m. Registrants should choose prenatal sessions that can be completed prior to their due date.

Postnatal classes are offered weekly on Tuesday, Wednesday or Thursday from 1:30 p.m. to 3:30 p.m. Registrants should choose a session that begins when their baby is between six weeks and three months old.

Registration is now open at [Prenatal and Postnatal \(Baby Steps\) class registration website](#).

Safety precautions remain in place at all AHS facilities. Class sizes have been reduced, screening will take place on entry, and masks and physical distancing will be required.

Online options are still available through self-directed resources or live virtual classes. Please visit [On-line Birth and Babies | Birth & Babies](#)

For more information on pregnancy, birth and parenting supports, visit [AHS.ca/prenatal](#) or call the Lethbridge Health Unit at 403-388-6668.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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