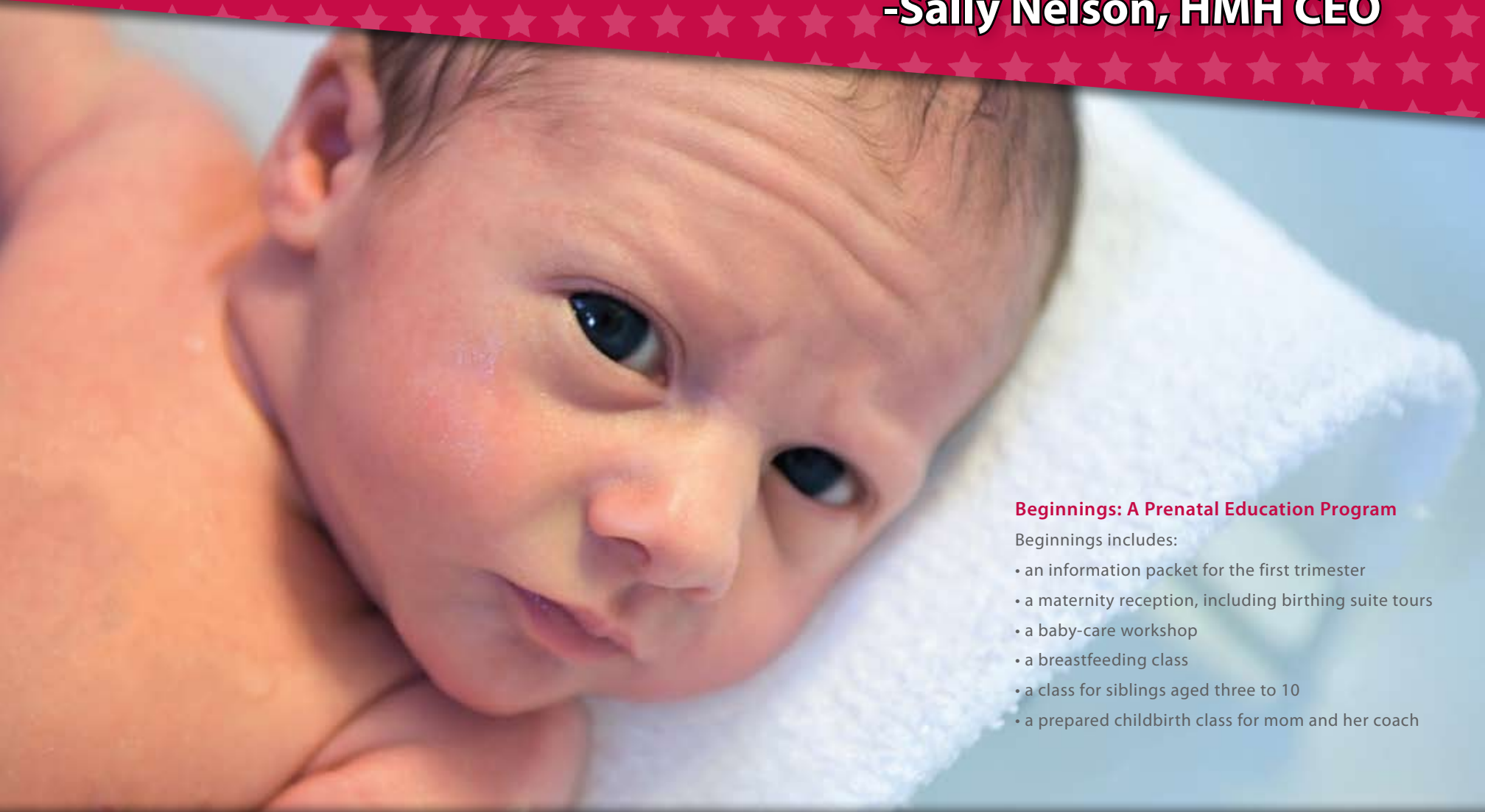


“Our classes help you pass the most important test of your life: parenthood.”

-Sally Nelson, HMH CEO



Beginnings: A Prenatal Education Program

Beginnings includes:

- an information packet for the first trimester
- a maternity reception, including birthing suite tours
- a baby-care workshop
- a breastfeeding class
- a class for siblings aged three to 10
- a prepared childbirth class for mom and her coach



In just a few months, your newborn will look you in the eye as if to say, “Do you know how to take care of me?” We can help make sure the answer is yes. Beginnings is a low-cost prenatal education program designed to prepare expectant moms and dads-to-be for the big event and baby’s first year.

Call Alice Stenstadvold, our Beginnings coordinator, at 936★291★4588 or email her at alice.stenstadvold@huntsvillememorial.com for more information. It’s the first step in preparing for the most rewarding challenge of your life.



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Down to earth and up to the minute.