

Classes are scheduled the first Monday of every month from 7pm – 8pm.
Don't forget to R.S.V.P! (Call, e-mail, or join our meet-up group at
<http://newparents.meetup.com/536/>)

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Location: Yost Family Chiropractic
8521 Hickman Rd.
Urbandale, IA 50322

When: 1st Monday of every month
7pm – 8pm

BEAUTIFUL BEGINNINGS, a prenatal and postnatal class by Dr. Heather Yost is a place where families are educated to their fullest potential! The class offers a mindful exploration of pregnancy, exercise, nutrition, birth plans, labor, breastfeeding, newborn to toddler care, and much more! This hands-on class is held the first Monday of every month from 7 - 8pm.

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What Others Are Saying:

"Great ideas on the natural birth process. I loved it!" - Melissa

"If you need a place to learn ways to nourish yourself and baby, help on choosing an OB doctor, and to find out how to maximize your birthing experience, this is the place to be!" - Jenny

