

# Antenatal Classes

at The Meads Community Centre, Sittingbourne

Growing Together antenatal classes are the perfect preparation for your journey into parenthood.

Our small classes guarantee that you will have time with an experienced birth professional to answer all of your questions and leave you feel confident and excited to meet your new baby.



Our classes are relaxed and allow couples to learn about the biology of labour, their labour options and how to care for their new baby so that they can gain in confidence and knowledge.

Run by Nicki Hook, a local ex-midwife, this two week course is run on Saturday mornings at the introductory price of £75 per couple.

Places are limited to 5 couples so please book early to avoid disappointment.

To book your place call Nicki on 01622 371100 or see our website  
[www.growingtogether.co.uk](http://www.growingtogether.co.uk)

