



# Free Early Pregnancy Class

- ❖ Nutrition ideas
- ❖ Exercise in Pregnancy
- ❖ Easing Morning Sickness
- ❖ Avoiding Toxins

*Women (pregnant or not) are welcome to attend this free class, offered monthly.  
Partners or support people are also welcome!*

**INSTRUCTOR:** Mary Ann Baul RN, LM, CPM

**WHEN:** Call for date and time

**WHERE:** Womancare Midwifery  
20 E. Cherry Ave.  
Flagstaff, AZ 86001

**928-779-6064**