



Part of our free “Earn While You Learn” series

## Excited about your pregnancy?

Join us for a series of FREE classes for expecting parents.

### Class topics include:

- You are in control
- Your body and birth
- Pain and natural birth
- Making decisions
- Medical pain, relief, interventions and procedures
- Planning for birth
- Postpartum

Earn **free** items from our Baby Boutique while you learn how to become the best parent you can be for your child. Upon completion of 10 classes, receive a **free** Pack ‘n Play or infant car seat for your baby!

Scan the QR code  
for more information



Ascension St. Vincent's  
Pregnancy Resource  
Center - Riverside  
1637 King St.  
Jacksonville, FL 32204

Call 904-308-7510  
today or contact a  
counselor to enroll.