

# *Prenatal Nurturing*

Sponsored by:  
KVCAP's  
Family Enrichment Council  
of Kennebec County

*What to expect when...*

The Prenatal program addresses the current issues faced by folks expecting a child. Some topics include nutrition, stress management, brain development, and navigating the many questions and resources available to soon-to-be-parents!

*Enjoy this class from the comfort of your home!*

*For your convenience, this program is now offered online!* 



Thursdays: Sept 26, Oct 3, 10, 17, 24, 31,  
Nov 7, 14 & 21

**8:00-10:00am**

**ONLINE SERIES**

Presented by: Emily Buckhalter

For more information and to register for this or other classes please call:  
Deb at 859-1580 or Emily at 859-1514  
Or visit us at: [www.kvcap.org](http://www.kvcap.org)