

# Celebration of New Beginnings

You are invited to the childbirth luncheon.  
Join us for food, friends and a chance to  
prepare for your baby's upcoming birth day.

Learn about: breastfeeding | pain medication/comfort in  
labor | what to expect | birth control | doulas | your amazing  
newborn | warning signs | public health nursing & more

TUESDAY  
01.29.19  
12pm - 2:30pm

Cloquet  
Community Center  
Cloquet, MN

*RSVP for transportation &  
luncheon by January 24  
to Jackie @ 878-3761*

Transportation will be available;  
childcare/activities available.  
Open to moms receiving care through  
FDL with a due date on or before  
April 30, 2019.

