

Parents-to-be

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Prepare for Labor, Birth & Beyond

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- Labor Progress - Keep it Moving
- The Power of Pushing & Meeting Your Baby
- Your Core & Pelvic Floor
- Breastfeeding
- Baby Care Basics
- Infant & Child CPR and Safety
- New Mother's Group

And we offer **Fit4mom** programs
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2024



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CFA, Inc. / Fit4mom
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