



LIVE ZOOM SESSIONS

# VIRTUAL READY, SET, BABY PRENATAL EDUCATION CLASS

Taught by lactation program graduates and  
CGBI team members

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This **free** service offers education for pregnancy,  
birth and postpartum care. Ready, Set, Baby has  
recently been updated to provide COVID-19  
guidance and recommendations.

Join the Virtual RSB Class  
<https://zoom.us/j/95130930585>  
(Meeting ID: 951 3093 0585)

Note: The Zoom platform is compliant with the Health Insurance  
Portability and Accountability Act (HIPAA).

**JAN - APR 2022 SESSION TIMES:**

**MONDAYS\***

1:00P-2:30P

3:00P-4:30P

*\*All times Eastern Standard*

- NO CLASSES ON JAN 17TH (HOLIDAY)
- NO CLASSES ON APRIL 18TH (HOLIDAY)

