



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/98422579055>

(Meeting ID: 984 2257 9055)

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

NOVEMBER 2020 SESSION TIMES:

**Mondays+**  
**Wednesdays**

1:00P-2:30P

3:00P-4:30P

**NOTE: THERE WILL BE NO  
CLASSES ON NOVEMBER 23 & 25  
IN OBSERVANCE OF THE  
THANKSGIVING HOLIDAY**

*\*All times Eastern Standard*

