

Prenatal Education Classes

South Zone

AHS Public Health offers prenatal education classes with information about pregnancy, labour and delivery, breastfeeding, and after birth and newborn care.

In-person prenatal and postnatal classes can be [booked online](#).

- Evening and weekend prenatal classes are available.
- Postnatal classes are weekday afternoons.

If you have trouble with the online registration process or require financial assistance, call:

- 403-388-6668 – Lethbridge Office
- 403-502-8215 – Medicine Hat Office
- sz.prenatalpostnatal@ahs.ca

For questions and for upcoming rural sites class availability, call the office in your area, or contact your local [Community Health Centre](#).

South Zone does not currently offer online (Zoom) prenatal and postnatal classes. To register for Calgary Zone's online prenatal and postnatal classes:

- visit [How to Register](#) Birth & Babies
- call 403-955-1450