

SMDHU Prenatal Classes Social Media Messaging:

Caption 1: Free in-person virtually facilitated or online prenatal classes. Sign up early in your pregnancy for great information right from the start. For more information, visit: www.smdhu.org/PrenatalClass

Caption 2: Free in-person virtually facilitated or online prenatal classes. Includes pregnancy topics: baby's growth, body changes, prenatal care, physical activity, and more. For more information, visit:

www.smdhu.org/PrenatalClass

SMDHU Breastfeeding Help and Support Social Media Messaging:

Caption 1: Find breastfeeding help and support in your community. For more information, visit:

www.smdhu.org/BreastfeedingHelp

Caption 2: Find breastfeeding groups in your community. For more information, visit:

www.smdhu.org/BreastfeedingGroups