



**In 2021, we're making our Moms and Babies Online Birth Classes free!**

**We want to support you in the best way we know how, and that is to provide you with evidence-based, nurturing, women-centered support.**

**You deserve to experience pregnancy, birth and motherhood with confidence and joy—and we are honored to be on this journey with you.**

**We've designed a series of six classes for you to watch using the QR code found below.**



Where People Come First. *Always.*

How to use the QR Code:

1. Open your smart phone's camera.
2. Point the camera at the QR code. Your phone should focus in on the QR code after a brief moment.
3. Make sure the QR code is centered on your phone's screen. All four edges of the QR code should be on your phone's screen.
4. Wait for the code to scan.
5. Open the QR code's content.

Or access via the internet at the following link:  
<http://bit.ly/bhh-prenatal>

If you are experiencing difficulties accessing the online videos or have further questions, feel free to contact the Nurses Station at 406-683-3086 and ask for the OB nurse.