



**MIDWEST
HEALTHY START**
SGA YOUTH & FAMILY SERVICES



DANCING FOR BIRTH FREE CLASSES

When: Wednesdays at 10-11 AM

Where: Advocate Trinity Hospital
2320 E. 93rd St., 4th Floor, NW Conference
Room, Room 4303

Learn how to birth -
step by step
Class led by
bilingual instructor



Scan Me

Recommended
by doctors,
midwives,
nurses, doulas,
and mothers

**To register, scan the QR
code or contact our office**

**Phone: 312-447-4345 or
312-447-4346**

Email: MWHS@sga-youth.org

Instructor: Belkys Rode

Phone: 219-951-9511



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