

Are You  
**Pregnant?**  
Congratulations!



It's time for you to register for

# Pregnancy Basics

*with Mary Kahrs, BS, MA, FACCE, BSS - CFA, Inc.*

It's Fun, Interactive & Free!



This class is offered  
1 evening a month  
7-8:30pm

Attend In person or via Zoom

Dates are listed on our website.

[www.familycfa.com/pregnancy-basics](http://www.familycfa.com/pregnancy-basics)

Use the QR code,  
call or text us **631-360-2880**



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