



# FREE PREGNANCY SUPPORT SESSIONS AT NORMANTON LIBRARY

**DROP-IN SESSIONS, NO NEED TO BOOK**

Benefit from peer support for expectant and new parents with a trained volunteer from Connected and find online health information you can trust with support from Library staff at every session!

## **Preparation to Parenthood**

Thursday 19 October, 10am – 12 midday

## **Preparation to Parenthood**

Thursday 26 October, 10am – 12 midday

## **Preparation to Parenthood**

Thursday 2 November, 10am – 12 midday

## **Keeping healthy and well during pregnancy**

Wednesday 8 November, 5.30pm – 6.45pm

## **Eating well during pregnancy**

Thursday 16 November, 10am – 12 midday

## **Healthy activity in Pregnancy**

Thursday 23 November, 10am – 12 midday

## **Bonding for parents and babies with books**

Thursday 30 November, 10am – 11am

Normanton Library, Almond Street, Derby DE23 6LX

Tel: 01332 642640

Derbyshire Healthcare   
NHS Foundation Trust



The logo for livewell, consisting of the word "livewell" in a white, lowercase, sans-serif font on a blue rectangular background.



 [inderby.org.uk/libraries](http://inderby.org.uk/libraries)  

  
Derby City Council