

## **A special invitation because We Care....**

The Colchester East Hants Health Centre's Women and Children's Health Unit now offers:

### **Unit Focused Tours and Prenatal Discussion**

#### **Topics Include:**

- when to come to the hospital
- labour and delivery information
- pain management choices
- understanding your hospital birth
- what to expect from admission to discharge
- infant feeding/breastfeeding questions
- tour of the WCH unit and LDRP room

Tours are offered on the second Thursday and fourth Sunday of every month **3:30pm–5:00pm**.

To reserve your spot or for more information, call our unit at:  
**(902) 893–5544**

**All pregnant women and support person are welcomed to attend.**

**“Be Prepared for Baby! Let us help you make Informed Choices”**