

**FREE** Prepared Sibling Class  
At Sentara Obici Women's Center



**This class is for children 4-10 years of age to help them welcome, understand, and ease their adjustment to the new family member. Our next class will be July 19<sup>th</sup> from 6 pm to 7 pm.**

**To REGISTER for a class, call 1-800-SENTARA or visit [www.sentara.com](http://www.sentara.com), “Find a Class or Event” for dates and times.**

**For more information or questions, please contact: Hattie Boone: (757) 934-4964-Director or Lisa Milburn: (757) 934-4497-Nurse Educator.**