

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. The class will be from 6 pm to 7 pm in the Virginia Savage Education Center on the Ground Level.

Dates for 2019-**October 17**

Dates for 2020-**January 16, April 16, July 16, and October 15**

To REGISTER for a class, call 1-800-SENTARA or visit www.sentara.com, "Find a Class or Event" for dates and times.

For more information or questions, please contact: Beth Johnson: 934-4563-Manager or Lisa Milburn: (757) 934-4497-Nurse Educator.