



Contact us for a schedule of classes and workshops

**(717) 761-4975**

**[www.ombabycenter.com](http://www.ombabycenter.com)**

Om Baby offers support to women and their families for the childbearing year and beyond through a wide variety of classes and workshops, such as yoga, baby signing, health & nutrition topics, birth preparation and more. These opportunities to connect in mind, body and spirit with themselves, their families and the community strengthen their journey through parenthood.

Prenatal Programs offer a holistic view of pregnancy, childbirth and parenting and help parents-to-be make the most of this exciting time. After the baby arrives, Om Baby supports families through educational workshops and interactive classes that help parents and caregivers provide the most loving, nurturing care for their babies.

