

InJoy - Free Online Prenatal Education

Eastern Health offers anytime, anywhere online prenatal education powered by InJoy, an education program designed to give you convenient access to evidence-based information on prenatal care, labour and birth, postpartum, breastfeeding, and newborn care including lots of videos.

To register for the Online Prenatal Education, send an email to onlineprenatal@easternhealth.ca requesting access to InJoy. You will receive an email from Eastern Health inviting you to create a unique password and log in to your account.

Already registered? [Log in here](#)

This program includes the following sessions:

- Understanding Pregnancy
- Understanding Birth – [PREVIEW this session now!](#)
- Understanding Your Newborn
- Understanding Breastfeeding
- Services and Information

Disclaimer: *The information in InJoy is NOT intended to replace the advice of a health-care provider or any information that your health-care provider has discussed with you about your own personal health. You should work with your health-care provider to keep yourself healthy and safe, and always contact your health-care provider with any questions you may have.*

Please note that InJoy is a third-party vendor based in the United States therefore there may be some links to US resources. In the event of any discrepancy, follow the advice of your health care provider. By creating an account in InJoy, you have verified that you have read and agree to this disclaimer.