



*This is a living document that will be updated as the situation unfolds and more information becomes available.*

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May 1, 2020

Dear Nested Community,

**Nested LLC is extending the SUSPENSION of ALL of our IN-PERSON classes through MAY 31, 2020, effective immediately.** *We will keep you updated as this situation develops.*

**Nested classes are going VERY virtual soon! Nested has created professionally-produced HIPAA-compliant videos to provide you with a virtual experience of our classes Nested Childbirth Education (CBE) and Newborn Care & Infant CPR (NB/CPR) bootcamp classes.** Both videos have Nested's Founder & Managing Director, Nidhi Reva, MPH PA-C, on camera as she walks the viewer through the presentation and useful videos that are used during our in-person classes as well as provides demonstrations that are practiced by class participants. In addition, to the videos, Nested will be hosting LIVE virtual webcast Question & Answer (Q&A) discussions via GoToMeeting. These will be held at least once a month for both the Childbirth Education (CBE) registrants and for the Newborn Care & Infant/CPR registrants.

*We anticipate that our virtual classes will be available the week of May 4! Once they are available, Nested will post information about how to access the Nested virtual classes as well as the LIVE Q&A sessions on our website and through our social media accounts.*

**If you are scheduled for a Nested class in May, you will receive an email from us with information about how to access our HIPAA-compliant video and a LIVE virtual Q&A webcast discussion for the class that you are currently registered to take.** Should you prefer an in-person class instead of viewing the video, you will have the opportunity to reschedule for another available date once in-person classes resume. *Please note that we cannot guarantee in-person classes will resume before your expected due date.*

As noted on our website and other Nested communications, it is important to stay informed during this pandemic and stay vigilant about protecting your health. Please be sure to **contact your providers' office directly for specific information and guidance.** Please **visit only reputable websites** as you seek guidance and information.

#### **Helpful Links As You Seek Information and Guidance about the COVID-19 Pandemic**

- [Advantia Health's List of Questions & Answers \(Q&A\) for OBGYN care during the COVID-19 Pandemic](#)
- [The Centers for Disease Control and Prevention \(CDC\) COVID-19](#)
- [The CDC's website relating to Pregnancy, Breastfeeding, and COVID-19](#)
- [American College of Obstetricians and Gynecologists \(ACOG\) COVID-19](#)
- [Johns Hopkins University \(JHU\) & Medicine Coronavirus \(COVID-19\) Resource Center](#)
- [The Federal Families First Coronavirus Response Act](#)

Thank you, again, for your patience and understanding as we work to find alternative ways, including virtual classes and LIVE webcast Q&A discussions, to continue to support our Nested community and provide you with childbirth and newborn care education during this difficult COVID-19 pandemic.

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*For Updates: please continue to monitor your inboxes, follow us on [Facebook](#), [Instagram](#), and visit [www.nestedbaby.com](http://www.nestedbaby.com)*



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The health and safety of our clients, staff and volunteers is always our top priority, especially during this COVID-19 (coronavirus) pandemic. We hope you and your families are well and staying healthy! If you have any questions, please do not hesitate to contact us.

Warmly,

Nidhi Reva MPH, PA-C

**NIDHI REVA**

*Founder and Managing Director*



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