



Alameda County Public Health Department, Maternal, Paternal, Child & Adolescent Health

# Women's Health Promotion (formerly IPOP)

Alameda County Healthy Start Initiative (ACHSI) Community Education Program

## Pregnancy Basics



This class prepares pregnant women for a healthy pregnancy and baby. In addition to pregnancy, you will learn about available resources for you and your baby.

Pregnancy Basics will be taught in two- 2 hour classes.

You will learn:

- How to get what you need out of your prenatal care visits
- How to take care of yourself during and after pregnancy
- What to expect during childbirth
- The In's and Out's of the importance of Breastfeeding
- How to care for your newborn, and much more!

### Pregnancy Basics CLASS SCHEDULE

#### Class 1

Date 12/08/2016 1:00 PM—3:00 PM

#### Class 2

Date 12/15/2016 1:00 PM—3:00 PM

**Location:** All *Pregnancy Basics* classes will be located in the Women's Health Promotion (WHP) Community or at 1100 San Leandro Blvd. in San Leandro, on the corner of Davis St., across from the San Leandro BART Station



### HOW TO SIGNUP FOR CLASSES

Please call 510-618-2080 to sign-up for the classes. Our free classes make learning fun, and we offer free snacks, prizes and **child care will be provided for each session.**

A \$25 Safeway gift card and other items are raffled at every class! Participants who complete all classes in the series have a chance to win a stroller and/or car seat for their baby.

