

# Starting Off Right!

## (Early Pregnancy Class)

- Cost:** Free Class sponsored by Self Regional Women's Center
- Who:** Anyone 3 to 6 months pregnant
- Where:** Self Regional Medical Center  
- Women's Center Library on 2<sup>nd</sup> floor in the patient Tower
- Time:** 7:00pm - 8:30pm
- Dates:** January 19, 2017  
April 20, 2017  
July 20, 2017  
October 19, 2017

**Topics covered:**

- Anatomy and Vocabulary
- Nutrition
- Exercising during pregnancy
- Signs of Pre-term Labor
- Routine tests done during pregnancy
- Questions to ask your doctor

**Moms will receive:**

- Information Handout
- Information about what you will learn in childbirth classes

Moms will also have the opportunity to pre-register for childbirth and/or breastfeeding classes.

For information and registration please call  
864-725-5748 or Toll Free 1-877-892-0024