

Starting Off Right:

Your Guide to Early Pregnancy

- 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 2nd floor in the patient Tower
- Time:** 7:00pm - 8:30pm
- Dates:**
- | | |
|---------|----------|
| January | 24, 2019 |
| April | 25, 2019 |
| July | 25, 2019 |
| October | 24, 2019 |

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