



Women's Health Promotion

(Formerly IPOP)

**Alameda County Healthy Start Initiative (ACHSI) Community Education Program*

PREGNANCY BASICS

March 8th and 15th

from

1:00pm – 3:30pm

**Pregnancy Basics class will be held at
1100 San Leandro Blvd., Suite 120, in
San Leandro, CA on the corner of Davis St.,
across from the San Leandro BART Station.**



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

*Sponsored by Alameda County Healthy Start Initiative (ACHSI), Alameda County Public Health Department,
Maternal, Paternal, Child & Adolescent Health Section.*

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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 is taught in two – 2 and half 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!

**HOW TO SIGN-UP FOR
CLASSES?**

**PLEASE CALL
510-618-2080
TO SIGN UP FOR CLASSES.**

WIN!

**A \$25 GIFT CARD IS
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.**