

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 2nd floor in the patient Tower
- Time:** 7:00pm - 8:30pm
- Dates:**
- | | |
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| January | 24, 2012 |
| March | 27, 2012 |
| May | 22, 2012 |
| July | 24, 2012 |
| September | 25, 2012 |
| November | 27, 2012 |

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
- Gift bag
- Information about what you will learn in childbirth classes

Moms will also have the opportunity to pre-register for childbirth, breastfeeding, Daddy Boot Camp, and Sibling Silly classes.

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