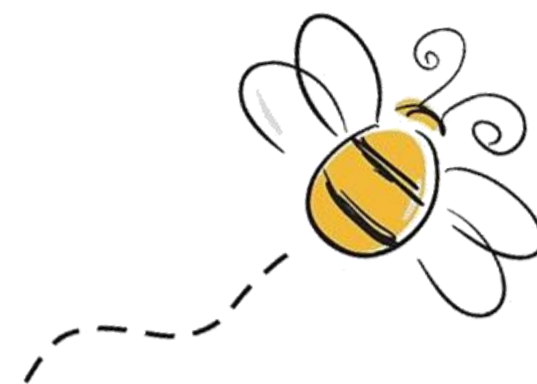




Navy Medicine Readiness and Training Command Health Promotion and Wellness



FREE Pregnancy Classes for Moms-to-Bee



Class Descriptions

Tobacco-Free Pregnancy – Our Certified Tobacco Treatment Specialist gives you the help and support you need to quit tobacco through 1:1 counseling

Lamaze Certified Childbirth Education Class – Learn what to expect during labor as well as healthy coping mechanisms during this 2-part class

Infant Care – Join our registered nurse as she teaches you all there is to know about your newborn baby, and how to best care for them

Early Pregnancy – Ease your mind about the changes your body will experience as your baby grows, and join us as we cover topics such as baby development, healthy eating, and the commonalities of pregnancy!

Gestational Diabetes – Learn how to manage your gestational diabetes diagnosis during your pregnancy, and how to keep you and your baby healthy!

Not sure about prenatal classes? Here are a few great reasons to take them:

- Classes remove the fear of the unknown – They give parents a good idea of what to expect and how to prepare for it.
- Most parents will tell you that after attending a class they feel less anxious, more self-assured, in control, and ready to make decisions.
- Childbirth classes are a wonderful place to meet other parents that are going through the exact same thing you are. It's a great way to form connections with other parents, and strengthen your support community!

**Call Health Promotion and Wellness
today to schedule your FREE
Pregnancy Class today!
910.451.3712 (choose option #1)**

Navy Medicine Readiness and Training Command
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