

Healthy Mom . . . Healthy Baby



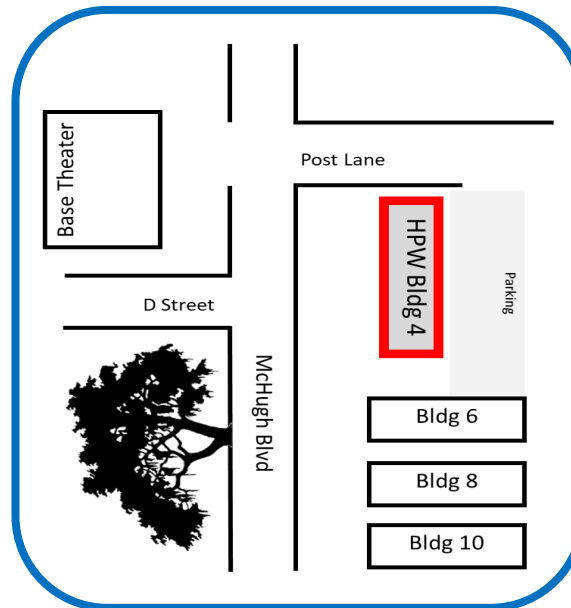
**FREE Pregnancy
Classes for You and
Your Baby!**



**Health Promotion & Wellness Clinic
Naval Medical Center Camp Lejeune
910.451.3712**

*Interested in taking
one of our classes?*

**For more info or to schedule a class
Call 910.451.3712**



Directly across from base theater

**Health Promotion & Wellness Clinic
Building #4 Post Lane
Camp Lejeune, NC 28547**



**Health promotion classes
grounded in scientific
evidence of what
really works to
improve your health!**

Classes Provided by Professional Staff

- Registered Nurses
- Certified Tobacco Treatment Specialists
- Certified Trainers
- Health Educators

Early Pregnancy: Learn what to expect during pregnancy, baby development, healthy eating & common discomforts of pregnancy.

Gestational Diabetes: Despite having diabetes during pregnancy, stay healthy through this class taught by a Registered Nurse .



Tobacco Free Pregnancy:

*Get the help you need to
Live Tobacco Free!*



Our Certified Tobacco Treatment Specialist gives you the help and support you need to quit tobacco through 1:1 counseling.

**Later Pregnancy
Classes:** Take these FREE classes later in pregnancy at 7-8 months.

Breastfeeding:

A Lactation Consultant will teach you all the basics you need to get breastfeeding off to a good start.

Infant Care:

A Registered Nurse will teach you about your newborn and how to best care for him or her.

Lamaze

Childbirth Education Class:

Learn what to expect and how to cope during labor. Consists of two classes.

***Your Baby Counts on
YOU!***