

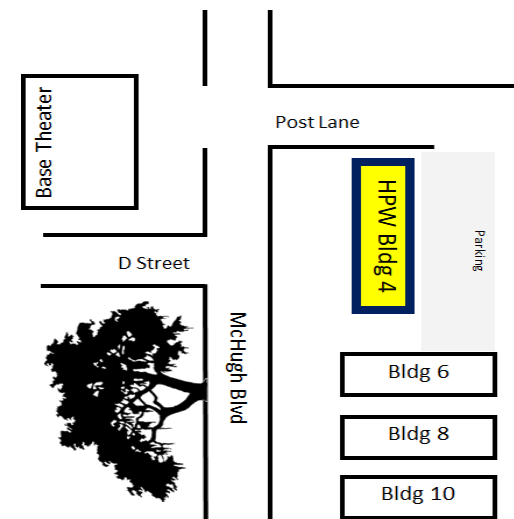


***Interested in taking
one of our classes?***

**For more info or to
schedule a class call:
910.451.3712 Option 1**

**Health Promotion classes
are 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



Directly across from base theater

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

Rev: January 2024

**Healthy Mom . . .
Healthy Baby**



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



HPW public website

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!