



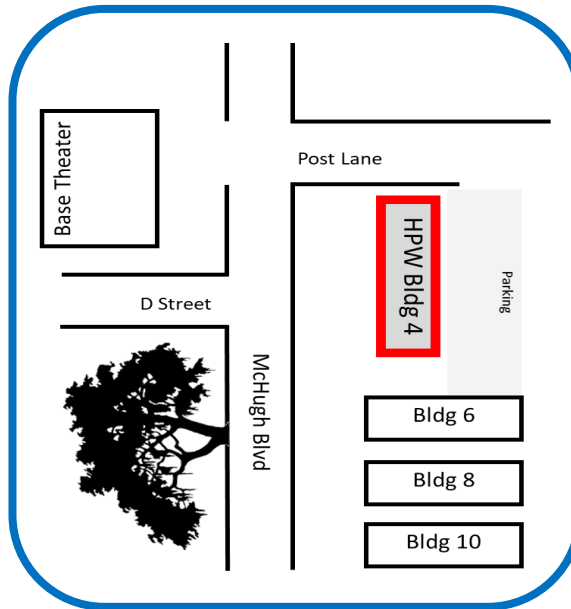
***Interested In taking
one of our classes?***

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

**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: June 2022

Healthy Mom . . . Healthy Baby



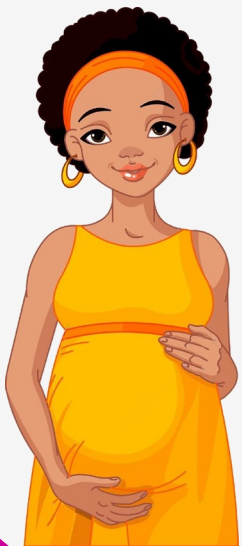
**FREE Pregnancy
Classes for You and
Your Baby!**



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

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!