

You're Invited To Join Our



Maternal Community HEALTH CLUB

Maternal Community Health Club was created for pregnant women to come together and support one another while learning about pregnancy health and infant development.

Community First Health Educators will lead nine small group learning sessions to address topics relevant throughout all stages of pregnancy. Each session is one hour long and can be attended virtually or in person. Through interactive group activities, you will learn how to care for yourself and your new baby and have the opportunity to ask questions in a safe space, give and receive advice from other pregnant women, and create a lasting support system that will continue even after the program ends.

CLASS	PREGNANCY/ POSTPARTUM WEEK	TOPIC
1	Week 13-26	Pregnancy Symptoms & Nutrition
2	Week 17-30	Labor Interventions & Making a Birth Plan
3	Week 21-34	Preparing for Labor
4	Week 25-38	Breastfeeding, Birth Control, & Sex Expectations
5	Week 29-42	Postpartum Maternal Care
6	Week 33-PP 6	Making a Schedule & Baby Sleep
7	Week 37-PP 10	Healthy Relationships & Domestic Violence
8	Week 41-PP 14	Infant Development
9	PP Week 5-19	Postpartum Exercise & Nutrition

After each session, you'll receive gifts like self-care items, a car seat or pack & play, breastfeeding accessories, and newborn soothing tools.

Maternal Community Health Club begins February 22, 2023!

To participate, you must be:

- Pregnant
- A Community First Health Plans Member
- Enrolled in Healthy Expectations Maternity Program

If you are interested in participating, please call or email:

Jessica Ramirez, Community First Health Educator
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**SPACE IS LIMITED
SIGN UP TODAY!**

Maternal Community Health Club is sponsored by:

COMMUNITY FIRST
HEALTH PLANS



UT Health
San Antonio