

You're Invited! Join the Community First Health Plans



Maternal Community HEALTH CLUB

Join us beginning February 28, 2024!

Maternal Community Health Club is a program designed for pregnant women to support one another, stay healthy, and care for yourself and your new baby.

Join us for ten small group sessions to learn more about pregnancy, delivery, and the postpartum period through group activities. During each session, you can ask questions in a safe space, share experiences, and create a lasting support system for you and your baby.

CLASS	DATE	TOPIC
1	February 28	Pregnancy Symptoms & Nutrition
2	March 27	Labor Interventions & Making a Birth Plan
3	April 24	Preparing for Labor
4	May 29	Breastfeeding, Birth Control, & Sex Expectations
5	June 26	Postpartum Maternal Care
6	July 31	Making a Schedule & Baby Sleep
7	August 28	Healthy Relationships & Domestic Violence
8	September 25	Infant Development
9	October 30	Postpartum Exercise & Nutrition
10	November 27	Graduation

After each session, you'll receive gifts like self-care items, a car seat or pack & play, breastfeeding accessories, and newborn-soothing items.* We will provide lunch at these sessions.

*Sessions are from 11 a.m. to 12 p.m. at our
Avenida Guadalupe Community Office
1410 Guadalupe Street, Ste 222*

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, Sr. Health Solutions Specialist/CHW
210-358-6248 • JRamirez@cfhp.com

*Limitations and restrictions apply. Please email healthyhelp@cfhp.com or call 210-358-6055 for eligibility requirements.

Maternal Community Health Club is sponsored by:

COMMUNITY FIRST
HEALTH PLANS



UT Health
San Antonio

To join Healthy Expectations or learn more about maternity program benefits, visit
CommunityFirstHealthPlans.com/Health-and-Wellness-Programs

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