



**Maternal
Community
HEALTH CLUB**

You're Invited!

Maternal Community Health Club Sessions Begin February 24!

Our **Maternal Community Health Club** was created as a support system for moms-to-be. Learn about pregnancy, labor and delivery, and newborn care while sharing common experiences, asking questions in a safe space, and making friends.

CLASS	DATE	TOPIC
1	February 24	Pregnancy Symptoms & Nutrition
2	March 24	Labor Interventions & Making a Birth Plan
3	April 21	Preparing for Labor
4	May 26	Breastfeeding, Birth Control, & Sex Expectations
5	June 23	Postpartum Maternal Care
6	July 21	Making a Schedule & Baby Sleep
7	August 25	Healthy Relationships & Domestic Violence
8	September 22	Infant Development
9	October 27	Postpartum Exercise & Nutrition
10	December 1	Graduation

Sessions are held from 10 a.m. to 11 a.m. Attend virtually or in person.

To sign up or learn more, please contact
Jessica Ramirez, Sr. Health Solutions Specialist/CHW
Phone: 210-358-6248 | Email: JRamirez@cfhp.com

To participate, you must be a pregnant Community First Member currently enrolled in our [Healthy Expectations Maternity Program](#).

Eligible club members will receive a car seat or pack & play.*

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

