

**AFLP and Early Head Start
Presents,
"Healthy Start"
Prenatal Education**

Come join us for 8 free sessions in a comfortable and relaxing atmosphere.

Classes begin Wednesday, July 28, 2010

- 7/28 Keeping Healthy During Your Pregnancy**
- 8/4 Taking Advantage of Prenatal Care**
- 8/11 Nutrition During Pregnancy**
- 8/18 Dealing With Stress**
- 8/25 The "No's" of Pregnancy**
- 9/2 The Big Day**
- 9/8 Taking Care of Your Baby**
- 9/15 Infant Massage**



**All Classes Will Be Held At
Early Head Start
1920 Mariposa Mall, Suite 130**

**For more information contact
Christy Gorden at 263-1395 or Hsini Chen at 263-1550**