



# EOC's Early Head Start and Adolescent Family Life Program



Present:

## Healthy Start Prenatal Education

**No-cost prenatal education sessions!  
Join us in a comfortable and relaxing atmosphere  
where you can learn about:**



- 4/14 Prenatal Care
- 4/21 Eating Healthy During Pregnancy
- 4/28 Stress During Pregnancy
- 5/5 Things to Avoid During Pregnancy
- 5/12 The Big Day: Labor and Birth
- 5/19 Caring for Your Baby
- 5/26 Postpartum Care
- 6/2 Graduation

**Sign up now!**

**Early Head Start  
1920 Mariposa Mall, Suite 130  
Fresno, CA 93721**

**For more information, call:  
Christy Gordon,  
AFLP Program Manager  
263.1395**

**Hsini Chen,  
Early Head Start RN  
263.1550**



**Open Enrollment ...  
Come to any or all of the classes.**

**Classes provided by:**

