



# Comenzando Bien



Early Head Start  
and  
Adolescent Family Life Program

Present:

## “Healthy Start” Prenatal Education

**Come join us in a comfortable and relaxing atmosphere where you can learn about:**



- 8/25 Prenatal Care
- 9/1 Eating Healthy During Pregnancy
- 9/8 Stress During Pregnancy
- 9/15 Things to Avoid During Pregnancy
- 9/22 The Big Day: Labor and Birth
- 9/29 Caring for Your Baby
- 10/6 Postpartum Care
- 10/13 Graduation

**Sign up now!**

**Classes are from 3:00 - 4:30 p.m.**

**Location: Early Head Start  
1920 Mariposa Mall, Ste. 130  
Fresno, CA 93721**

**Call for more information:  
Christy Gordon, AFLP Manager 263-1395  
Hsini Chen, Early Head Start RN 263-1550**



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

**Refreshments provided**

**No cost to participate.**

