



Comenzando Bien



FCEOC Early Head Start
and
FCEOC Adolescent Family Life Program

Presents:

“Healthy Start” Prenatal Education

9 free sessions! Come join us in a comfortable and relaxing atmosphere where you can learn about:



- 11/16 You and Your Pregnancy
- 11/30 Prenatal Care
- 12/7 Eating Healthy During Pregnancy
- 12/14 Stress During Pregnancy
- 12/21 Things to Avoid During Pregnancy
- 1/4 The Big Day: Labor and Birth
- 1/11 Caring for Your Baby
- 1/18 Postpartum Care
- 2/1 Bonding & Attachment

Sign up now.

Classes start Wednesday, November 16, 2011

From 10:30 AM- 12:00 PM

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

Call for more information:

Christy Gordon, AFLP Program Manager 263-1395

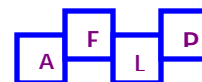
Hsini Chen, Early Head Start RN 263-1550



Open Enrollment. Refreshments provided

No cost to participate.

Classes provided by:



Adolescent Family Life Program

