

Baby Steps

2023



OFFERED BY COMMUNITY OUTREACH AND
PARTNERSHIPS AT AUGUSTA HEALTH

CLASSES ARE OFFERED FOR EXPECTING MOTHERS TO DISCUSS TOPICS NOT
TRADITIONALLY COVERED IN BIRTHING CLASSES TO HELP BUILD A COMMUNITY
WITH OTHER EXPECTING MOTHERS

WHEN?

GROUP #1 - 2/7, 2/15, 2/21, 2/28
GROUP #2 - 4/4, 4/11, 4/18, 4/25
GROUP #3 - 8/1, 8/8, 8/15, 8/22
GROUP #4 - 10/3, 10/10, 10/17, 10/24
FROM 5:00 - 7:00 PM

WHERE?

AUGUSTA HEALTH COMMUNITY
CARE BUILDING, CONFERENCE
ROOM 3

COST?

FREE!
BUT YOU MUST REGISTER IN ADVANCE

TOPICS WILL INCLUDE:

- NUTRITION + COOKING TIPS
- ACTIVITY
- BREASTFEEDING
- CONTRACEPTION AFTER DELIVERY
- TIPS FOR EARLY CHILDHOOD DEVELOPMENT
- MENTAL HEALTH AND WELL BEING

WHEN SHOULD I ENROLL?

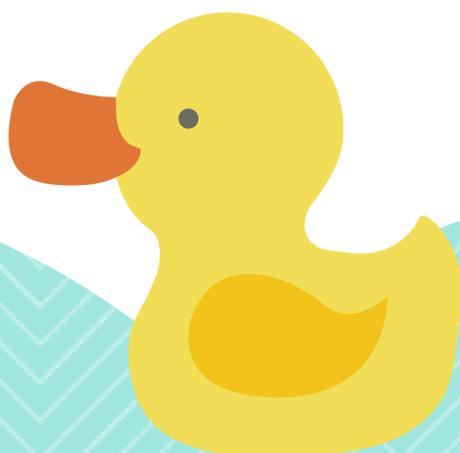
WHEN YOU ARE 20 WEEKS GESTATION AND
FURTHER

**NOT JUST
FOR FIRST
TIME MOMS,
OPEN TO ALL!**

*Register by emailing Roxanne Harris, RN, MSN, IBCLC at
r2harris@augustahealth.com*

*Please include your name, address, phone number, email,
and your due date*

***FREE SURPRISES AT
EACH MEETING***



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