

# Centering Pregnancy

This program made possible to you by March of Dimes of Indiana

## Family Health Services, Inc.



Imagine

- Having two hours to spend with your health care provider at each visit.
- Becoming friends with other expectant moms as you meet together for seven months.
- Going for your prenatal check-up and beginning your appointment exactly on time.
- Learning to better take care of yourself and family.

### LEARN

about your baby, your body, childbirth, and parenting

### TRACK

Your baby's growth and your own pregnancy progress

### JOIN

Other expected moms, partners and support people to discuss pregnancy problems and solutions with them in a group setting or over refreshment

### It's all about:

- Self care—learn to take your own blood pressure, weight and enter info in your chart, receive information and tools to help you make healthier choices.
- Women—meet other expectant moms and have an opportunity to share stories and learn from one another
- Time—you'll receive a schedule of all the group times before you even begin. This makes it easy to arrange childcare or meet work obligations. You won't need to enroll in separate childbirth classes—you'll cover everything in your group! Every minute of your time will be occupied, not spent sitting alone in a waiting or examination room.

**Centering Pregnancy** is an exciting way for women and their families to get prenatal care. Women spend more time with their health care provider and with other pregnant women, which gives them a chance to learn a lot more about pregnancy, childbirth, and parenting. Check-ups, support, and education all take place in a group setting.

Call for more information (765) 932-3699 or (800) 656-3690