

Attend our free prenatal classes and **receive free baby gifts**



Mark your calendar now
for these 2011 dates:

September 14

October 12

November 9

December 14

Baptist Health Community Wellness Center
St. John Missionary Baptist Church
2501 South Main Street, Little Rock
Second Wednesday of each month
2 – 4 p.m. or 4 – 6 p.m.

Topics & Services include:

- Taking care of yourself
- Early/Regular prenatal visits to your doctor
- Nutrition and physical fitness
- Childbirth preparation/Breastfeeding
- Baby supplies/Care Safety
- First weeks at home
- Weekly weight checks
- Assistance with Medicaid waiver and WIC enrollment
- Baby gifts given after at the end of each class
- Car Seat Check Ups
- Limited supplies of baby clothing, diapers and car seats for enrolled participants

For more information, contact Baptist Health HealthLine at B-A-P-T-I-S-T (227-8478) or 1-800- B-A-P-T-I-S-T.



Baptist Health

COMMUNITY OUTREACH