

# FREE

## Pregnancy / Postpartum Health & Wellness Program



### **NOW ONLINE!\***

*Everything you need to know...*

#### **MATERNAL & INFANT HEALTH EDUCATION CLASSES**

Weekly on Thursdays, 5:30–6:30pm

*...anything you want to talk about*

#### **POSTPARTUM PEER SUPPORT GROUP**

2nd and 4th Thursdays, 6:30–7:30pm

#### **PARTICIPANTS RECEIVE:**

Entry into weekly & monthly raffles

**AND**  **coupons!**



**\*Participants must register in advance.**

Scan the QR code or visit the link to register! →

For more information:  (574)-235-9750 Opt. 8

 <https://redcap.link/sjcember>