



# CLASS SCHEDULE

May 14*	Body Changes & Early Oral Health
May 21	Maternal Mental Health & Self-Care
May 28*	Healthy Starts
June 4	Creating a Safe Home for Baby
June 11*	Navigating Postpartum Recovery
June 18	Eating Well & Staying Active
June 25*	Give Your Baby Room to Breathe
July 2	Infant and Toddler Car Seat Safety
July 9*	Preparing for Labor & Birth
July 16	Gestational Diabetes & High Blood Pressure in Pregnancy
July 23*	Mom & Baby's Appointments & Immunizations
July 30	Pregnancy Complications & Warning Signs
August 6	Breastfeeding & Baby Care Basics

**All classes run 5:30–6:30pm.** \*Peer support group offered every 2nd and 4th Thursday from 6:30–7:30pm.

## FOR MORE INFORMATION:



(574)-235-9750 Opt. 8



<https://redcap.link/sjcember>

**Participants must register in advance.**

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

