

Healthy pregnancy



Pregnancy is a special time in your life. You may have many questions. Join us to learn how to keep you and your baby healthy. Class topics include prenatal care, healthy eating, breastfeeding, and how to prepare for your baby's arrival. Plus, learn ways to stay active while pregnant, how to make a birth plan, and caring for yourself after giving birth.

To register, call:

(562) 613-5118, 8:30 a.m. to 5 p.m.,
Monday through Friday

For more information, call Customer Service:

(800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m.,
Monday through Friday

Join us:

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