

Women's Care Center

York Center



York Center
 40 S. Richland Avenue, York, PA 17404
 (717) 854-6285
womenscarecenter.com/locations/york
Free Pregnancy Tests and Ultrasounds
 Monday – Friday 9AM-5PM

April 2018

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|-----|----------------------------------|---|----------------------------------|---|--------------------------------|-----|
| 1 | 2 | 3 Class 4 "Nutrition – Feeding Kids" 10 AM – 12 PM | 4 Baby Sign Language 1 PM | 5 Self – Esteem 2 PM | 6 Lenguas del Amor 11 AM | 7 |
| 8 | 9 Baby Sign Language 11 AM | 10 Nutrition Make – Up Class 10 AM – 12 PM Request from teacher only | 11 Comiendo Para Dos 3 PM | 12 Alternatives to Spanking 11 AM | 13 | 14 |
| 15 | 16 Lenguas del Amor 10 AM | 17 Story Time 11 AM | 18 Baby Sign Language 1 PM | 19 Self – Esteem 3 PM | 20 Newborn Care 11 AM | 21 |
| 22 | 23 Breastfeeding 2 PM | 24 Baby Sign Language 10 AM | 25 Comiendo Para Dos 1 PM | 26 Alternatives to Spanking 11 AM | 27 Story Time 2 PM | 28 |
| 29 | 30 | | | | | |

Class Guidelines:

If you: are on time to class (no more than 15 minutes early),
 Fully complete class form
 Pay attention & keep children from disturbing the class,
 You will receive 1 coupon and a bundle of diapers.

- Class must relate to your current situation.
- Clients who are more than 10 minutes late receive no incentives, but are welcome to stay for info.
- Childcare may not always be provided, please be prepared for the possibility of keeping your child in class with you.
- Classes are not a substitute for medical care.

This Month's Classes:

NUTRITION SERIES: Must attend all 4 classes. Earn incentives for each class!
 Teaching families how to eat better for less money.

Baby Sign Language

To teach parents and babies basic signs to help communicate before full verbal skills are established.

Self- Esteem

To help parents understand the role they play in building their child's feeling of self-worth and value.

Lenguas del Amor en Espanol!

Story Time

Share the love of reading with your child!

Newborn Care

To help teach parents the basics of newborn care.

Breastfeeding

To help the client understand the benefits of breastfeeding

Additional classes added as available!