

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

June 2019 Class Schedule

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 Labor & Delivery Part 1 5pm	4	5	6	7	8
9	10 Labor & Delivery Part 2 5pm	11	12 Baby Sleep & Soothing 4pm	13	14	15
16	17 Delivery Day 5pm	18 Mommy & Me Storytime 11:00	19 Taking Care of Mom Ginia 4pm	20 Mommy & Me Moms on the move 10:00	21	22
23	24 Breastfeeding 5pm	25 Mommy & Me Storytime 11:00	26 Safety Issues for New Parents 4pm	27 Mommy & Me Moms on the Move 10:00	28	29
30	7/1 Baby Basics 5pm	7/2 PSE Nutrition Series restarts today! 4:30-6pm	7/3 Your Baby's First Year of Development 4pm	7/4 Happy Fourth of July! We are closed for the holiday.	7/5	7/6

Class Guidelines:

If you: are on time to class (no more than 15 minutes early),

Participate in the class

Class must relate to your current situation.

You will receive 1 coupon and a bundle of diapers

Bring your support person and receive double!(except Mommy & Me)

- 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:

Healthy Pregnancy Series: (9 classes)*

To support women and their families in pregnancy & beyond:

First Trimester

Prenatal care

Second Trimester

Third Trimester

Labor & Delivery Part 1 & Part 2

Delivery Day

Breastfeeding

Baby Basics

Taking Baby Home series:

Baby Sleep & Soothing

Taking Care of Mom

Safety Issues for New Parents

Your Baby's First Year of Development

Mommy & Me series:

Moms on the move: Moms of babies,

toddlers and Moms-to-be: join us for fun,

exercise and conversation! We will gather at

the center and walk nearby. Bring stroller or

carrier for your child!

Mommy & me storytime: interactive, bring

your baby or toddler

-"PSE Nutrition Series with Terri!" Learn to

make healthy meals on a budget! Sign-up in

advance for this class is preferred.

Interactive and fun class!

***BONUS – Attend ALL Classes in a series and**

receive a bonus item! Bonus item and coupons

provided if client has not previously completed

those classes. Call us to come in and shop with

your Crib Club coupons! 717-854-6285