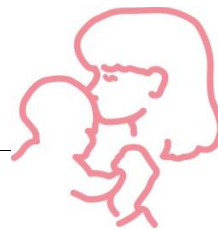


# Women's Care Center

La Porte



May 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2 Healthy Mom #11 "Safety Issues for New Parents" 5:00 pm	3	4
5	6 "Stressed or Blessed" 1:00 pm	7 Baby and Me Lap sit/ Story Hour Program (0-4-year-old) 10:00 am	8	9 Healthy Mom #12 "Your Babies 1 <sup>st</sup> Year of Development" 5:00 pm	10	11
12	13 "Making Smart Lunch Choices" 1:00 pm	14 Baby and Me Lap sit/ Story Hour Program (0-4-year-old) 10:00 am	15	16 Healthy Mom #1 "Healthy Pregnancy 101" 5:00 pm	17	18
19	20 "Summer Fun" 1:00 pm	21 Baby and Me Lap sit/ Story Hour Program (0-4-year-old) 10:00 am	22	23 Healthy Mom #2 "Eating Healthy & Food Safety" 5:00 pm	24	25
26	27 NO CLASS Center will be closed in observance of Memorial Day	28 Baby and Me Lap sit/ Story Hour Program (0-4-year-old) 10:00 am	29	30 Healthy Mom #3 "What to Avoid in Pregnancy" 5:00 pm	31	

## Class Guidelines:

If you are on time for class (no more than 15 minutes early), fully complete 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 information.
- Classes are not a substitute for medical care.
- Childcare is not provided, but children are welcome to attend.

**La Porte Center**  
512 Maple Avenue, (219) 324-4646  
[laportecountywcc@yahoo.com](mailto:laportecountywcc@yahoo.com)  
Find a schedule at [womenscarecenter.org](http://womenscarecenter.org)  
**Hours:** Mon, Tue, Wed, & Fri 9am-5pm, Thu 11am-7pm

## Healthy Mom, Healthy Baby Series:

### Healthy Mom Classes

- 1) Healthy Pregnancy 101
- 2) Eating Healthy & Food Safety
- 3) What to Avoid in Pregnancy
- 4) Common Discomforts & Pre-term Labor
- 5) Labor & Delivery Part One
- 6) Labor & Delivery Part Two

### Healthy Baby Classes

- 7) Baby Basics
- 8) Sleep & Soothing
- 9) Breastfeeding Basics
- 10) Bottle Feeding & Beyond
- 11) Safety Issues for New Parents
- 12) Your Baby's 1<sup>st</sup> Year of Development

Join us  
Thursday  
at 5:00 pm

**Melanie Abner will be our guest speaker for part of Healthy Pregnancy #3 class. Melanie will go over smoking cessation information/programs in the community.**

**BONUS ITEM: Attend all 12 classes within your pregnancy to receive a bonus item of your choice: infant car seat, bassinet, portable high chair, or portable swing.**

## General Parenting Classes

Meet with other parents who share your challenges as we learn about and discuss a variety of parenting topics.

### Parenting Class Bonus

*Attend 9 classes within 3 months and earn a bonus item!*

## Baby and Me

Parents and little ones, (Ages 0 – 4-year-old) are invited to join Ms. Margaret for interactive time of stories, rhymes, and songs to encourage early literacy. Invite a mom friend and make it a play date!

**"Making Smart Lunch Choices"** Join Jody from Purdue Extension. Jody will talk to you about planning ahead for healthy lunches and snacks and identifying healthy lunch options.