

Women's Care Center

York Center



December 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 Healthy Pregnancy Delivery Day! 5pm	4	5 Healthy Parenting Baby Sign Language 5pm	6 Penn State Ext. Nutrition Links: #2 Eat better for less 4-6 pm	7	8
9	10 Healthy Pregnancy Breastfeeding 5pm	11	12 Healthy Parenting: Meal Planning for Busy Families 5pm	13 Penn State Ext. Nutrition Links: #3 Eat better for less 4-6 pm	14	15
16	17 Healthy Pregnancy Newborn Care Congratulations! Last pregnancy class! 5pm	18	19 Healthy Parenting: 10 Habits of Happy Parents NOTE TIME 11:00am	20 Penn State Ext. Nutrition Links: #4 Eat better for less Last Class! 4-6pm	21	22
23	24 Closed for Christmas Eve	25 Closed Merry Christmas!	26	27	28	29
30	31 No classes this week	1 Closed Happy New Year!	2	3	4	5

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.

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

This Month's Classes:

Breastfeeding tips with Kim

To help the mothers understand the benefits of breastfeeding and a proper latch

Healthy Parenting Series: (6 Classes)*

To support parents in their quest to be the best parents they can be!

Nurturing Bedtime Routines; How Babies Communicate; Baby sign language; Winter Safety; Meal Planning for Busy Families; 10 Habits of Happy Parents

Healthy Pregnancy Series: (9 classes)*

To support women and their families in pregnancy & beyond:

You & your pregnancy; 3rd Trimester; Prenatal Care; Healthy Habits; Labor & Delivery part 1; Labor & Delivery part 2; Delivery Day; Breastfeeding; Newborn Care

***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.

Our Penn State Extension(PSE) Nutrition Series is Back! Begins 11/29! Earn incentives and learn how to eat better for less! Please pre-register!