

Women's Care Center

York Center



September 2019 Class Schedule

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 Happy Labor Day! No Classes!	3	4	5	6	7
8	9 Third Trimester- Barbara 5pm	10 Mommy & Me Storytime-Sally 11:00am	11 Moms on the Move 10:00am	12 Breastfeeding Support-Kim 11:00am	13	14
15	16 Labor & Delivery Part One-Barbara 5pm	17 Mommy & Me Storytime-Sally 11:00am	18 Moms on the Move 10:00am	19	20	21
22	23 Labor & Delivery Part Two-Barbara 5pm	24 Mommy & Me Storytime-Sally 11:00am	25 Moms on the Move 10:00am	26* Breastfeeding Support-Kim 2:00pm	27	28
29	30 Delivery Day! -Barbara 5pm	10/1	10/2 Moms on the Move	10/3	10/4	10/5

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 2 coupons** and a bundle of diapers
Bring your support person and receive double!

- 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

Current Classes:

Healthy Pregnancy Series: (11 classes)*
To support women and their families in pregnancy & beyond:

First Trimester

Prenatal care

Second Trimester

Third Trimester

Labor & Delivery Part 1 & 2

Delivery Day

Breastfeeding

Baby Basics

After Baby's Birth: Care of Mom Part 1 & 2

***Childcare available 9/9; 9/16; 9/23; 9/30

Breastfeeding Support with Kim

Moms on the Move: Moms of babies, toddlers and Moms-to-be: join us for fresh air and exercise for a walk outdoors. Strollers and baby carriers welcome!

Mommy & Me Storytime: interactive, bring your baby or toddler, receive one book to take home and read with your child

***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!**