

Women's Care Center

York Center



April 2019 Class Schedule

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4 PSE nutrition series Learn to eat better for Less! 4-5:30	5	6
7	8	9 Breastfeeding 2pm	10 When Baby Needs Day Care or a Sitter 4pm	11 PSE nutrition series Learn to eat better for Less! 4-5:30	12	13
14	15	16	17 Our parks-free family fun! 4pm	18 PSE nutrition series Learn to eat better for Less! 4-5:30	19	20
21	22	23 Breastfeeding 2pm	24 Screen time; when and how much? 4pm	25 PSE nutrition series Learn to eat better For Less! 4-5:30	26	27
28	29 Healthy Pregnancy Series begins again! You and Your Pregnancy 5pm	30	5/1	5/2 PSE nutrition series Learn to eat better For Less! 4-5:30	5/3	5/4

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

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

Classes by request:

Selecting Child Care; Screen Time: when and how much? Our parks-free family fun!

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 4/4! Earn incentives and learn how to eat better for less! Please pre-register!

Call us to come in and shop with your Crib Club coupons! 717-854-6285