

Women's Care Center

York Center



May 2019 Class Schedule

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	HAPPY MOTHER'S DAY MAY 12 TO ALL OUR MOMS!		1 Our Parks-free family fun!	2 PSE Nutrition series Learn to Eat Better for Less 4-5:30	3	4 2
5	6 3 rd Trimester 5pm	7 Breastfeeding 2pm	8	9	10	11
12	13 Prenatal Care 5pm	14	15 All About Postpartum Depression 4pm	16	17	18
19	20 Healthy Habits 5pm	21	22	23	24	25
26	27 No class: Happy Memorial Day!	28	29 Introducing Baby to Siblings 4pm	30	31	1

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

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; Basics of Newborn Care

Baby Care by Request:

Our parks-free family fun
All About Postpartum Depression
Introducing Baby to Siblings

Last PSE Nutrition Series Class for Spring

***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