



San Antonio
Healthy
Start



Becoming a mom



Snack & Daily Incentives for those who attend

Join us for a FREE and FUN series to learn about
•Prenatal Care •Nutrition • Stress during Pregnancy •Labor
Anyone can join, especially if you are pregnant or
thinking of becoming pregnant soon.

Classes begin November 7, 2017

Tuesday– Friday for 2 weeks

1:00– 2:00pm

Carvajal Elementary
225 Arizona Ave

To register, please call Sylvia Dominguez @ 210-978-7970

Healthy YOU,
Healthy PREGNANCY
Giving your BABY a Healthy Start!



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Aperitivos e Incentivos ofrecido por diario para aquellos que asisten

Únase a nosotros para una serie GRATIS y DIVERTIDA para aprender sobre
•el cuidado prenatal •la nutrición •el estrés durante el embarazo •el parto
Cualquiera persona puede unir, especialmente si eres embarazada o pensando
en quedarse embarazada pronto.

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Un embarazo sano,
Un bebé saludable!*

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