FIRST 5 ORANGE COUNTY

OC PRENATAL CONNECT

A Prenatal Group Series funded by First 5 Orange County

WAITING WITH LOVE *Prenatal Class*



Join us in your pregnancy journey for a healthy breakfast and prenatal education!

Enhance your pregnancy and parenting journey with a series of group prenatal classes tailored to **expecting mothers in their first and second trimester**.

This **6-week series** is for newly expecting mothers and your support person. You will learn about the importance of:

- physical and mental health
- nutrition recommendations
- do's and don'ts during pregnancy
- fetal development
- what to expect in each trimester
- how to prepare for childbirth
- making social connections
- how to access resources

You will hear from special guests, including a doula, and will have the opportunity to reflect and explore your expectations about pregnancy, labor, birth, and your changing role.

BEGINS JANUARY 8, 2025

DAY WEDNESDAYS

TIME 9:30-11:30 AM

Register

At MOMS - 1128 W Santa Ana Blvd., Santa Ana

714-972-2610 FOR INFORMATION



FACILITATOR
Diana Osorio, MOMS
CLC, CCE, Health Educator
Lactation Consultant

In collaboration with

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