

● ● ● | About Becoming a Mom

- Learn more about having a healthy pregnancy and baby
- Receive FREE rewards like diapers, strollers, and baby monitors
- Meet other Moms & Dads and find a caring support group

Funded by a Community Grant from the March of Dimes



Provided by:



Riley County Health Department



Pottawatomie County Health Department



The Women's Health Group

and
Riley County
Perinatal Coalition

For more information contact:

Riley County Health Department
785-776-4779 x 7664

Pottawatomie County Health Department
785-457-3719

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Comenzando bien



Free Pregnancy
Education Classes

What You'll Learn



- Session One: Basics of pregnancy & the importance of prenatal care
- Session Two: How to eat healthy for you & your baby, appropriate exercise while pregnant, and how to manage extra stress
- Session Three: Information about labor & delivery, as well as, how to recognize pre-term labor
- Session Four: Options for feeding your baby and what to expect from breastfeeding
- Session Five: Ways to care for your baby such as feeding, bathing, and keeping them safe from harm
- Session Six: How to recover from the physical and emotional changes that happen after giving birth

What You'll Earn

For each session you attend you could receive diapers and a pack of wipes.



Attend 4 classes and choose one of these FREE gifts: Mega Pack of Diapers or Baby Safety Kit



Attend 5 classes and choose one of these FREE gifts: Stroller or Baby Bouncer



Or attend 6 classes and choose one of these FREE gifts: Pack-n-play, high chair or Baby Monitor



Photos presented may not reflect actual item.

Classes are free!

Sign-up today if you're interested in learning about how to have a healthy pregnancy while earning prizes.

To sign-up just call one of the below numbers:

Riley County Health
Department
785-776-4779 x 7664



Pottawatomie County Health
Department
785-457-3719



Public Health
Prevent. Promote. Protect.

The Women's Health Group
785-776-1400

