



YOU'RE INVITED TO ATTEND **PRENATAL CLASSES**

Women for Women • Medical Office Building West • Suite 433 • Wynnewood, Pa 19096

(610) 896-8840

Preparing for Baby

- We invite you to join Dr. Alycia Ham for a series of prenatal classes designed to not only educate but provide encouragement and support during your journey to parenthood.
- Our classes offer a forum for you to obtain answers to all your questions and to aid you in making informed decisions about your prenatal care and the birth of your baby.

***When** :Thursday Evenings 5- 5:45pm*

***Where** : Women for Women*

Lankenau Office

***Cost**: \$70 for 3-week series*

***Call**: 610-896-8840 to schedule*



- Care During Pregnancy
- Nutrition
- Exercise
- Birth Options
- Safety
-And much more!