



Fresno **Economic Opportunities Commission**
Early Head Start



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Adolescent Family Life Program

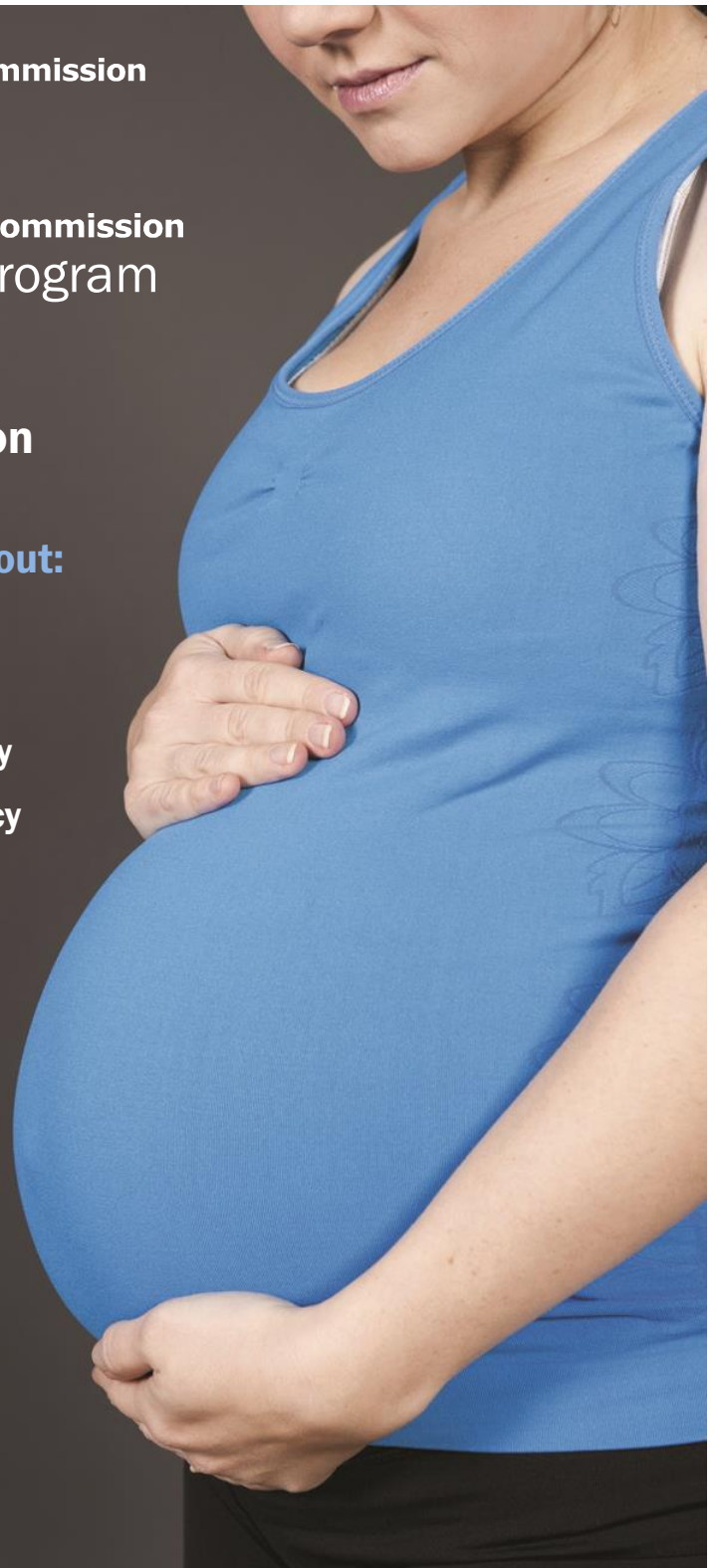
Comenzando Bien **Healthy Start Prenatal Education**

10 FREE sessions to learn more about:

- 10/5 You and Your Pregnancy**
- 10/12 Prenatal Care**
- 10/19 Eating Healthy During Pregnancy**
- 10/26 Things to Avoid During Pregnancy**
- 11/2 The Big Day: Labor and Birth**
- 11/9 Caring for Your Baby**
- 11/16 Breastfeeding**
- 11/30 Postpartum Care**
- 12/7 Bonding and Attachment**
- 12/14 Family Planning**

Classes are held from 3:00 - 4:30 PM at:
Early Head Start
1920 Mariposa Mall, Ste. 130
Fresno, CA 93721

Open enrollment; join us for one class or
all of the classes!



Refreshments are provided. No cost to participate.

Sign up today!

(559) 263-1550

Stephanie Fritzsching, Early Head Start

(559) 263-1395

David Beale, Adolescent Family Life Program

www.fresnoeoc.org