



# Are You Pregnant?

Give your baby a healthy start by attending our next “How to Have a Healthy Pregnancy” class at St. Joseph’s Women’s Hospital.

This class offers information on:

- Prenatal care
- Nutrition and eating for two
- How to handle discomfort and stress during pregnancy
- Dangerous substances
- The signs of preterm labor
- When to call your doctor

There is a \$20 registration fee for this class. All participants who attend and complete the evaluation will receive a \$10 Babies “R” Us® gift card.

**St. Joseph’s Women’s Hospital Pavilion, 4th floor classrooms  
4321 N. MacDill Ave., Tampa, FL 33607**

**To register, call (813) 443-2080 or visit [StJosephsWomens.com](http://StJosephsWomens.com).**

## How to Have a Healthy Pregnancy 2010 Schedule

February 27 .....	10am-noon
March 27 .....	10am-noon
April 24 .....	10am-noon
May 22.....	10am-noon
June 26 .....	10am-noon
July 31.....	10am-noon
August 28.....	10am-noon
September 25.....	10am-noon
October 30.....	10am-noon
November 20.....	10am-noon
December 18 .....	10am-noon

