

HAVING A BABY?

It is best to . . .



PREPARE your mind, your body and your spirit.

CHOOSE to abstain from alcohol, tobacco and drugs.

PURIFY with traditional, healthy foods and vitamins.

SEEK prenatal care early and often.

AIM for a full-term pregnancy of 9 months (about 40 weeks).



Ask us about

*The Coming of the Blessing®
prenatal education!*

KNOW the signs of preterm labor and what to do.

FIND wellness through your circle of support.

march  of dimes®