

# New for Expectant Mothers!

## Join A CenteringPregnancy™ Group For Prenatal Care

### Is CenteringPregnancy™ For Me ?

- Enjoy prenatal care in a group of 8-12 women with due dates similar to yours.
- Combine a health assessment with discussion, learning and sharing.
- Know when all of your appointments are scheduled when you come to your first Centering session.
- Participate in two-hour sessions that start and end at a set time.
- Meet with a Health Center provider at every session.
- Participate in your own prenatal care decisions.
- Discuss topics that are important to you: nutrition, breathing and relaxation, childbirth, breastfeeding and more!
  - **Private Insurance And Medicaid Welcomed.**



### Groups Fill Quickly!

- **Call 703-680-7950, Ext. 114, To Register Or Learn More.**
- Groups Begin When You Are 14 to 18 Weeks Pregnant.
- The Health Center Accepts Most Private Insurance And Medicaid.



**Greater Prince William Community Health Center**

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