



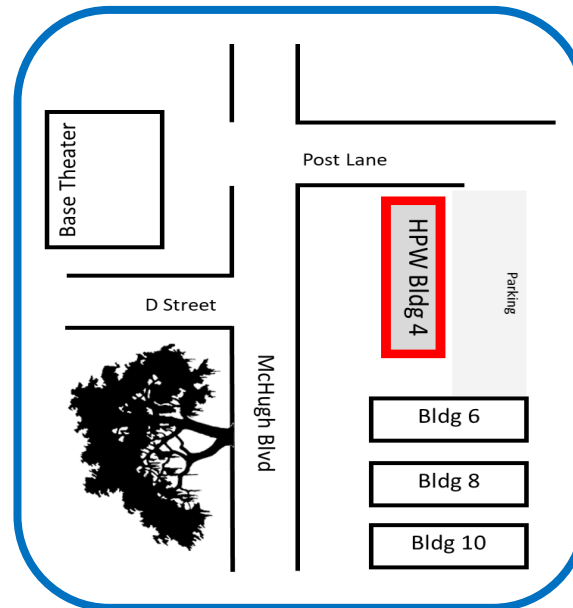
*Interested in taking  
one of our classes?*

For more info or to schedule a class  
Call (910) 451-3712

Health promotion classes  
grounded in scientific evidence  
of what  
*really works to*  
*improve your health!*

**Classes Provided by Professional Staff**

- Registered Nurses
- Certified Tobacco Treatment Specialists
- Certified Trainers
- Health Educators



*Directly across from base theater*

**Health Promotion & Wellness Clinic  
Building #4 Post Lane  
Camp Lejeune, NC 28547**

# Healthy Mom . . . Healthy Baby



**FREE Pregnancy  
Classes for You and  
Your Baby!**



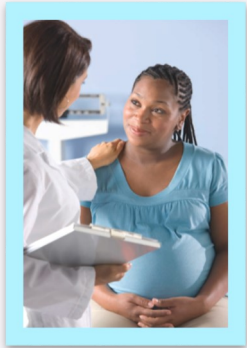
**Health Promotion & Wellness Clinic**

**Naval Medical Center**

**Camp Lejeune**

**(910) 451-3712**

**Early Pregnancy:** Learn what to expect during pregnancy, baby development, healthy eating & common discomforts of pregnancy.



**Gestational Diabetes:** Despite having diabetes during pregnancy, stay healthy through this class co-taught by a Registered Nurse & Dietitian.

## **Tobacco Free Pregnancy:**

Get the help you need to  
*Live Tobacco Free!*

Our Certified Tobacco Treatment Specialist gives you the help and support you need to quit tobacco through 1:1 counseling.



## **Later Pregnancy Classes:**

Take these FREE classes later in pregnancy at 7-8 months.

### **Infant Care:**

Registered Nurse teaches you about your newborn and how to best care for him or her!

### **Lamaze Certified Childbirth Education Class:**

Learn what to expect and how to cope during labor. Consists of four classes and a tour of labor and delivery at NMCL.

### **Siblings Class:**

Fun, hands-on class to prepare children, ages 3-9 years old for a new baby in the household.

**Pregnancy Exercise Program:** Join other pregnant women in weekly group fitness classes held at the Tarawa Terrace Fitness Center

### **Nutrition & Exercise During Pregnancy Exercise:**

Gain right amount of weight, reduce birth defects, and get ready for easier labor in this class, co-taught by Certified Trainer & Registered Dietitian.

***Your Baby Counts on YOU!***