



# Free Health Education Classes

RSVP today  
or email  
[marketing@awcp.net](mailto:marketing@awcp.net)

## Preparing for BIRTH-Day!

Pregnancy is full of discoveries and new experiences. Do you know what to expect on delivery day? Join our Certified Nurse-Midwives and explore the journey of childbirth...from first contractions to post-partum care.

This class is open to all.

- > January 22, 2020
- > February 19, 2020
- > March 18, 2020
- > 5:30 - 6:30 p.m.

RSVP by calling 561-7111 or email: [marketing@awcp.net](mailto:marketing@awcp.net)

## Preparing for BIRTH-Day!

Our experienced Certified Nurse Midwives will walk you through your first contractions to post-partum.



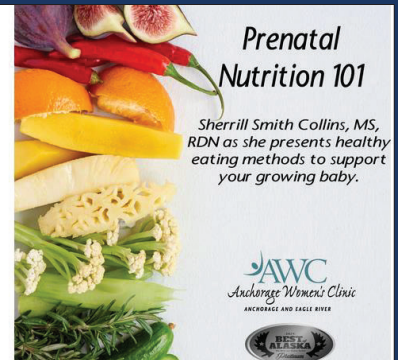
## Prenatal Nutrition 101

Confused about the do's and don'ts of pregnancy nutrition? Join Sherrill Smith Collins, MS, RDN, CDE as she presents an interactive class about healthy eating to support your growing baby. Pregnancy meal plans and recipes included!

Free class, open to the public.

- > February 6, 2020
- > 12:00 - 1:00 p.m.

Call 907-561-7111 or email: [marketing@awcp.net](mailto:marketing@awcp.net)



## Prenatal Nutrition 101

Sherrill Smith Collins, MS, RDN as she presents healthy eating methods to support your growing baby.

## The Puberty Talk- A Parent's Guide

Led by Dana Espindola, MD, this program helps prepare you and your daughter for periods, hormones and a changing body.

This class is free and open to all.

- > February 27, 2020
- > 5:30 - 6:30 p.m.

To RSVP, call 907-561-7111 or email: [marketing@awcp.net](mailto:marketing@awcp.net)

## The Puberty Talk- A Parent's Guide

How to prepare your daughter for periods, hormones, and a changing body. (And tips to help you survive too) Presented by Dana Espindola, MD.



## Welcome to Pregnancy!

Pregnancy is full of exciting discoveries and lots of questions. This class leads you through the exciting journey to come and offers an opportunity to talk to an experienced OB provider. Led by our Certified Nurse Midwives.

This class is free and open to all.

- > March 11, 2020
- > 5:30 - 6:30 p.m.

Call 907-561-7111 or email: [marketing@awcp.net](mailto:marketing@awcp.net)

## Welcome to Pregnancy!

This class leads you through the exciting journey to come. Bring your questions! Led by one of our Certified Nurse Midwife.



## Finding Me in Menopause

Menopause can be a confusing time in your life. Ericka Mulder, ANP, Certified Menopausal Provider and Sherrill Smith Collins, MS, RDN, CDE discuss how to take on this new chapter in your life and retain your sense of self and joy.

This class is free and open to all.

- > March 26, 2020
- > 5:30 - 6:30 p.m.

RSVP by Calling 561-7111 or email: [marketing@awcp.net](mailto:marketing@awcp.net)

## Finding Me in Menopause

Menopause can be a confusing time. Ericka Mulder, ANP, Certified Menopausal Practioner will share tips for retaining your sense of self and joy

