

JOIN US FOR A WORKSHOP ON

# *Tobacco Use During Pregnancy*

Additionally, we will cover other topics such as stress management, nutrition, prenatal exercise, and more

A full list of classes with dates and times is located on the back.

**ENTER TO WIN A PRIZE**



Prizes include car seat, stroller, owlet monitor, and more. Participants must be currently pregnant and receiving care to be eligible.

## *Prenatal Educational Work Groups*

<b>Dates</b>	<b>Location</b>	<b>Topic 1</b>	<b>Topic 2</b>
<b>Monday, November 25, 2019</b>	OBGyn, SCF Dental Conference C, Room 264	Birthing Basics 1 – 2:30 p.m.	Car Seat Training 2:30 – 4 p.m.
<b>Tuesday, December 3, 2019</b>	Ronald McDonald, Patient Housing, 6 <sup>th</sup> Floor	Stress Management & Healthy Relationships 2 – 3:30 p.m.	Prenatal Exercise 4 – 4:30 p.m.
<b>Tuesday, January 7, 2020</b>	Ronald McDonald, Patient Housing, 6 <sup>th</sup> Floor	Pre & Postnatal Nutrition 2 – 3:30 p.m.	Stress Management & Healthy Relationships 2:30 – 3 p.m.
<b>Monday, January 20, 2020</b>	OBGyn, SCF Dental Conference C, Room 264	Birthing Basics 1 – 2:30 p.m.	Car Seat Training 2:30 – 4 p.m.
<b>Tuesday, February 4, 2020</b>	Ronald McDonald, Patient Housing, 6 <sup>th</sup> Floor	Prenatal Exercise 2 – 3:30 p.m.	Pre & Postnatal Nutrition 2:30 – 4 p.m.
<b>Monday, February 17, 2020</b>	OBGyn, SCF Dental Conference C, Room 264	Birthing Basics 1 – 2:30 p.m.	Car Seat Training 2:30 – 4 p.m.
<b>Monday, March 7, 2020</b>	OBGyn, CF Dental Conference C, Room 264	Birthing Basics 1 – 2:30 p.m.	Car Seat Training 2:30 – 4 p.m.
<b>Tuesday, March 24, 2020</b>	Ronald McDonald, Patient Housing, 6 <sup>th</sup> Floor	Stress Management & Healthy Relationships 2:30 – 3 p.m.	Prenatal Exercise 4 – 4:30 p.m.
<b>Monday, April 6, 2020</b>	OBGyn, SCF Dental Conference C, Room 264	Birthing Basics 1 – 2:30 p.m.	Car Seat Training 2:30 – 4 p.m.
<b>Tuesday, April 21, 2020</b>	Ronald McDonald, Patient Housing, 6 <sup>th</sup> Floor	Pre & Postnatal Nutrition 2:30 – 3 p.m.	Stress Management & Healthy Relationships 2:30 – 3 p.m.
<b>Monday, May 11, 2020</b>	OBGyn, SCF Dental Conference C, Room 264	Birthing Basics 1 – 2:30 p.m.	Car Seat Training 2:30 – 4 p.m.
<b>Tuesday, May 26, 2020</b>	Ronald McDonald, Patient Housing, 6 <sup>th</sup> Floor	Prenatal Exercise 2:30 – 3 p.m.	Pre & Postnatal Nutrition 2:30 – 3 p.m.
<b>Tuesday, June 23, 2020</b>	Ronald McDonald, Patient Housing, 6 <sup>th</sup> Floor	Stress Management & Healthy Relationships 2:30 – 3 p.m.	Prenatal Exercise 4 – 4:30 p.m.

**GOAL** Reduce Tobacco Use Among Prenatal Alaska Native Patients.

**TOPICS** Tobacco use during pregnancy. First, second and third hand smoke. Stress, Nutrition, Exercise, and local resources.

Call (907) 729-4343 for more information or to start working on protecting you and your family's health.



ALASKA NATIVE  
MEDICAL CENTER

