

Postpartum Planning

May 9

10am-12pm

Family Outreach Center

Bldg. 33512

Rice Rd



Register 7 days before class

Class will cover what to expect physically after birth, emotional wellness, postpartum nutrition, sleep, strategies for self-care, and tips to maintain a healthy relationship with your newborn and partner.



NPSP
New Parent Support Program
Walking with you from 0-3.




@FortGordonMWR



More Info:
706-791-3579