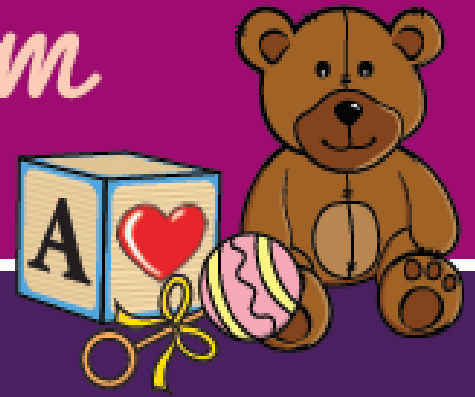


Becoming a Mom

Prenatal Workshops



All Pregnant Moms Welcome!

At our free prenatal classes, you can:

- Receive the support you need to start your pregnancy on the right path.
- Learn more about prenatal care, postpartum care and infant care.

To protect our communities during COVID-19, classes are offered online via Cisco Webex until further notice.

Register by visiting our website at www.iehp.org and clicking on “About IEHP”. Scroll to “Upcoming Events” and select the class you want to participate in.

OR

If you are a Member, register by visiting the IEHP Member Portal at members.iehp.org. Create an account and register to all the health education classes you are interested in.

Workshop Topics:

- Your Pregnancy and Prenatal Care
- Eating Healthy during Pregnancy
- Stress during Pregnancy
- Things to Avoid during Pregnancy
- The Big Day: Labor & Birth
- Breastfeeding Basics
- Postpartum Care
- Newborn Care & Safety
- The Well-Child Journey

For additional resources:

Visit www.iehp.org. Choose **For Members** and scroll to **Pregnancy and Postpartum**.



Inland Empire Health Plan

Destination >>> Health

Classes available at various times and days!

Open to everyone.

Get a gift after completing all classes.

For assistance with registration contact us at HealthEd@iehp.org

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). IEHP 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY: 1-800-718-4347)。

©2020 Inland Empire Health Plan. All Rights Reserved. HE-20-1181097