

Empowering Women for Wellness

Support Group Information

Welcome to Empowering Women for Wellness! Please read over this info sheet for support group information. If you have any questions, please contact us at 253-403-7829 or womenforwellness@multicare.org. We look forward to seeing you!

GENERAL INFORMATION

Empowering Women for Wellness is a 4-week support group, to support you in your pre- and post-partum wellness journey. Groups will be 90 minutes in length. Group will begin with a 20-30 minute walk around the indoor track at the YMCA where group is located. All levels of fitness are welcome! Following this we'll spend 45-60 minutes talking about pregnancy, nutrition, healthy cooking, meal planning, doing food tastings, and more!

A few things to consider before coming to group:

- Wear comfortable clothes and shoes.
- If you'd like, bring paper and pen to take notes.
- You're welcome (and encouraged!) to bring a water bottle.
- If needed, please feel free to bring snacks.

INFO FOR CHILDREN ATTENDING SUPPORT GROUPS

Unfortunately, we are not able to offer childcare onsite. You are encouraged to make other arrangements whenever possible. If no options for childcare are available, you are able to bring your children (under 6 yrs of age) with you to group.

- Children must be 6 and under.
- Children must be your legal dependent.
- Bring a floor blanket and toys for children to play with as needed.
- Bring a stroller or baby carrier if needed for walking portion of group.
- Breastfeeding moms are welcome to nurse during group as needed. When available, there is also a room at the YMCA mothers are welcome to use as well.

Please note: *If you plan to bring your children to group, you must let us know in advance as a limited number of children will be permitted to attend each support group. Please contact us at 253-403-7829 or email womenforwellness@multicare.org for questions and more information.*

TRANSLATION SERVICES

If you're in need of a translator to attend group, please let us know. You're welcome to bring a friend or family member, or one can be provided for you. For more information, please contact us at 253-403-7829 or womenforwellness@multicare.org.



YMCA MEMBERSHIP INFORMATION

You're participation in the Empowering Women for Wellness series includes a 4-week membership to the YMCA of Pierce and Kitsap Counties. More information about how to use this benefit will be provided at the first support group.

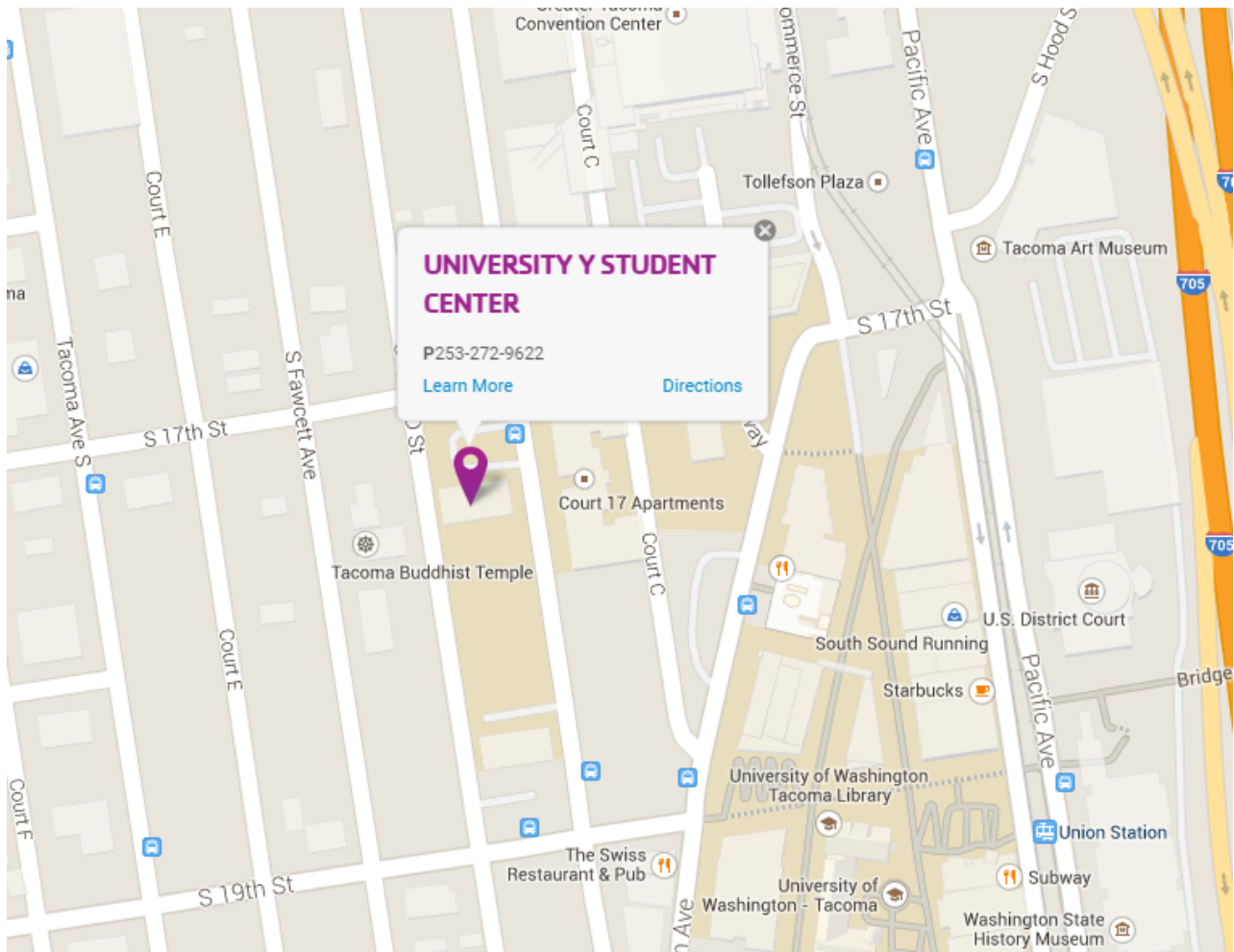
SUPPORT GROUP LOCATIONS

Tacoma – University YMCA (Tuesday groups)

1710 Market Street Tacoma, WA 98402

Parking: Free 90 minute street parking is available around the University YMCA. A few streets also offer free parking all day.

Bus: Pierce Transit has many route options and bus stops near the University YMCA. To plan your route and/or learn more about Pierce Transit options, please visit: <http://www.piercetransit.org/>.



Lakewood – Lakewood YMCA (Thursday groups)

9715 Lakewood Dr SW Lakewood, WA 98499

Parking: Free parking is available onsite.

Bus: Pierce Transit has many route options and bus stops near the Lakewood YMCA. To plan your route and/or learn more about Pierce Transit options, please visit: <http://www.piercetransit.org/>.

