



## **Empowering Pregnancy and Motherhood- Program Details**

Please read this information for more class information:

A few things to consider before coming to class:

- Wear comfortable and appropriate clothes for physical activities.
- Wear close-toed shoes for physical activities.
- If you'd like, bring a paper and pen to take notes.
- You're welcome (and encouraged!) to bring a water bottle.
- If needed, please feel free to bring snacks.
- If you'd like, you are welcome to bring a support person with you.

### ***Info for Children Attending Class***

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 can bring your children with you to group. Please see the following guidelines:

- Children must be your legal dependent.
- Bring toys or other activities to entertain your children.
- Bring a stroller or baby carrier if needed for walking portion of group.
- Breastfeeding moms are welcome to nurse during group as needed.
- If children become disruptive, we will ask you to step outside until they calm down.

**Please note:** If you plan to bring your children to class, you must let us know prior to class as a limited number of children will be permitted to attend each class series. Please contact us at [womenforwellness@multicare.org](mailto:womenforwellness@multicare.org) for questions and more information.

**Translations Services:** If you're in need of a translator to attend class, 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 [womenforwellness@multicare.org](mailto:womenforwellness@multicare.org).

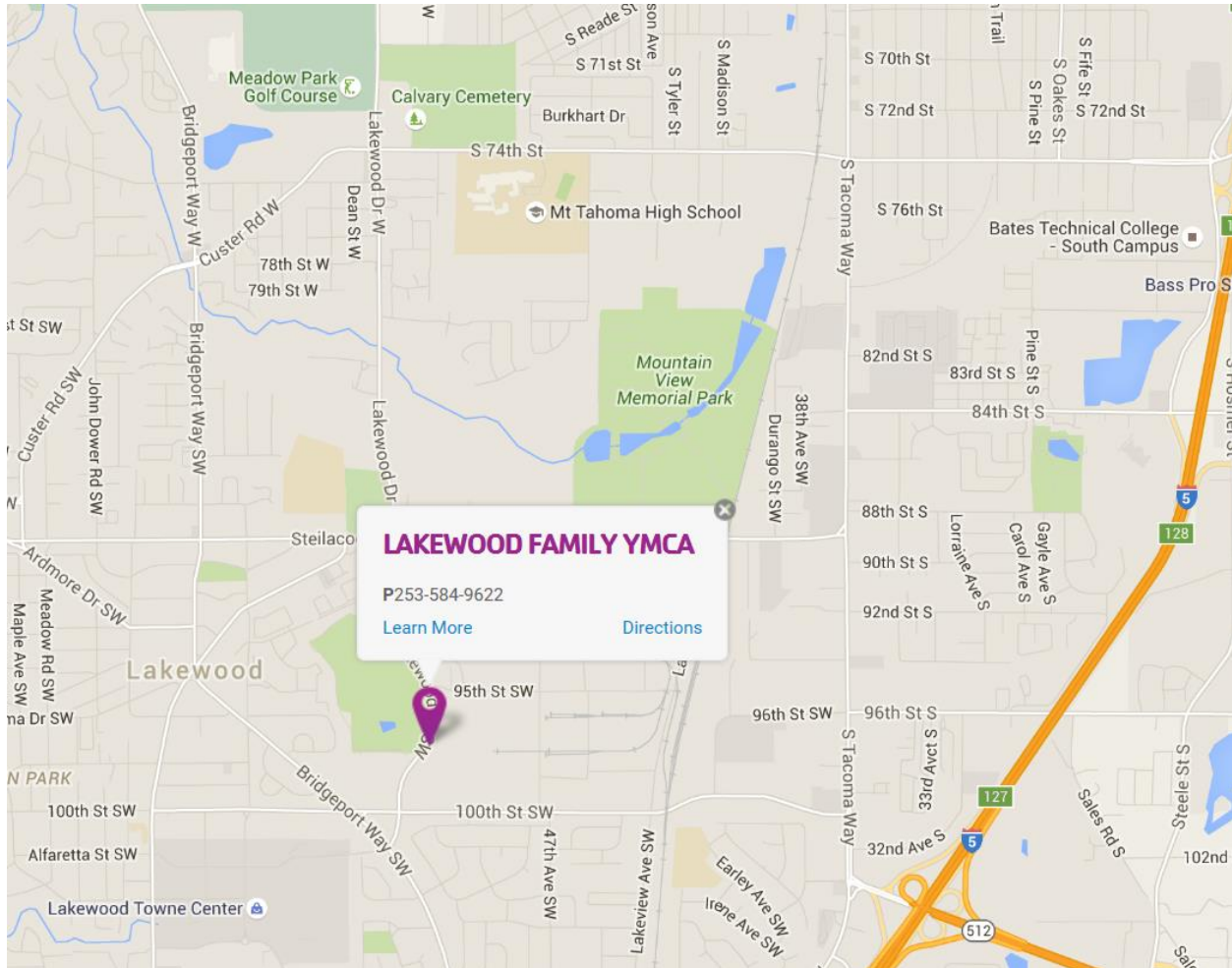
### **YMCA MEMBERSHIP INFORMATION**

Your participation in the Empowering Pregnancy and Motherhood series includes a 5-week membership to the YMCA of Pierce and Kitsap Counties. More information about how to use this benefit will be provided at the first class.

### **SUPPORT GROUP LOCATION**



Classes will be held at the Lakewood YMCA, 9715 Lakewood Dr. SW, Lakewood, WA 98499.



### **Public Transportation**

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/>.