

# ***Making Sense of HIV and Pregnancy***

## ***Prenatal Classes for HIV-Positive Pregnant Women***

*How do I give my baby AZT syrup? Should I have a C-section?  
Why shouldn't I breast feed? What nutritious foods should I eat?*

These questions, and many more, will be answered by the expert nurse practitioners who teach the classes. Other topics include:

*HIV 101 • Perinatal Transmission • 1<sup>st</sup> Trimester • 2<sup>nd</sup> Trimester  
3<sup>rd</sup> Trimester • Labor • Vaginal Delivery • After Delivery for  
Mom and Baby • Contraception Options • STIs • Post-Partum  
Depression • Newborn Care • Nutrition*



**WHERE:** Various Chicago locations

**WHEN:** Every 6-8 weeks throughout the year

Transportation to and from the class is provided.

Lunch is provided.

Childcare is available. If needed, please let us know ahead of time.

Guests (such as baby's father, family member, or friend) are welcome.

Graduates are eligible to receive a free infant carrier after delivery!

And a baby shower gift will be given to graduates at the last class!!

**There is limited enrollment available.**

**Please call (312) 334 – 0971 to reserve a spot.**