

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 • 1st Trimester • 2nd Trimester
3rd Trimester • Labor • Vaginal Delivery • After Delivery for
Mom and Baby • Contraception Options • STIs • Post-Partum
Depression • Newborn Care • Nutrition*



WHEN: Thursday, February 26, 1 – 5 PM
Wednesday, March 4, 1 – 5 PM
Wednesday, March 11, 12 – 4 PM

Classes taught by Brenda Wolfe R.N. A.P.N. A.C.R.N.

Transportation to and from the class may be provided.
Lunch is provided.

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.