

# 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 breastfeed? What nutritious foods should I eat?*

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

*Class 1: Nutrition • Post-Partum • Depression • Newborn Care • Administering AZT*

*Class 2: HIV 101 • Perinatal Transmission • 1<sup>st</sup> Trimester • 2<sup>nd</sup> Trimester • 3<sup>rd</sup> Trimester*

*Class 3: Labor • Vaginal Delivery • After Delivery for Mom and Baby • Newborn Care  
Contraception Options • STIs • C-Section*

**WHEN:** Tuesday, January 28<sup>th</sup>, 10a – 2p  
Tuesday, February 4<sup>th</sup>, 10a – 3p  
Tuesday, February 11<sup>th</sup>, 10a – 2p

**Classes taught by:** Rosa Valencia, RN, BSN, ACRN  
Ruth Williams RN  
Heather Riordan RDN



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Lunch is provided.

Transportation to and from the class may be provided.

Support persons who know your HIV status are welcome to attend as guests (such as baby's father, family member, or friend).

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 email [patrice@pacpi.org](mailto:patrice@pacpi.org) to reserve a spot.**

**PACPI** | PEDIATRIC AIDS CHICAGO  
PREVENTION INITIATIVE

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