

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 • 1st Trimester • 2nd Trimester • 3rd Trimester

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

WHEN: **Tuesday, Oct 4th, 1 – 5pm**
 Tuesday, Oct 11th, 1 – 5pm
 Tuesday, Oct 18th, 12 – 4pm

Classes taught by: Brenda Wolfe RN APN ACRN
 Ruth Williams RN
 Heather Riordan RDN



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

PACPI | PEDIATRIC AIDS CHICAGO
PREVENTION INITIATIVE

Classes are funded in part by Dr. Scholl Foundation Project Fund and Nordstrom.