

pregnant **u!**

FREE & CONFIDENTIAL



*The Journey through
Pregnancy and Delivery*

plus one
PREGNANCY GUIDANCE CENTER

do **u** know...

- the changes your body will go through?
- what to expect in labor?
- what to expect in delivery?
- how to make the best life choice for your baby?
- of the support opportunities in the community?

Program designed to help you understand what to expect during pregnancy and delivery. Points are earned at each appointment, including appointments outside of PlusOne. Redeem points at the PlusOne Boutique for things you and your baby need.

There is nothing to **lose**,
and so much to **gain!**