



Healthy Moms & New Baby

Education Workshops

Kaiser Permanente – Center for Healthy Living offers **Online** and **In Person** workshops to help you begin preparing for motherhood.

- ❖ **Breastfeeding with Success**
- ❖ **Baby Care Basics**
- ❖ **Childbirth Preparation**
- ❖ **Infant CPR**
- ❖ **Labor & Delivery Tour**
- ❖ **Maternal Child Health Q&A**

Receive evidence-based information to help you make decisions about you and your child's health.

Scan the QR code
to learn more



Positivechoice.org/CHL