



Center for Black Women's
Wellness

Empowerment Through Education

Pregnancy Class

The Center for Black Women's Wellness will empower you on your journey before, during and after pregnancy! Join us as we host weekly workshops surrounding prenatal and postnatal care and how to stay informed during each stage of pregnancy.

Week 1: Black Birthing Bill of Rights

Week 2: 1st-2nd Trimester

Week 3: 2nd-3rd Trimester

Week 4: 4th Trimester/Postpartum

**GET A FREE PREGNANCY
PILLOW AFTER ATTENDING
4 CLASSES!**



Classes are held weekly, each Tuesday at 6PM via Zoom

QR Code to Zoom Link



Zoom Meeting:

Meeting ID: 857 7216 2846

Passcode: 949354