



Join Our FREE Pregnancy Wellness Program

A COMPREHENSIVE PROGRAM TO HELP PREGNANT MOMS LEAD THEIR HEALTHIEST LIVES.

- Prenatal fitness
- Prenatal nutrition and cooking classes
- Emotional wellness techniques
- Pregnancy health information



Healthy mom → Healthy baby → Healthy family

Who should join?

Expectant mothers

Program Offerings

- A weekly prenatal exercise class (Thursdays, 5:30–6:15 PM)
- Two emotional wellness group meetings each month with a social worker via Zoom (Tuesdays, 5:30 PM)
- Two education classes each month covering key wellness topics, primarily held via Zoom with a few classes in person (Tuesdays at 5:30 PM)

What You Will Receive

- Two important pregnancy education guides
- Home fitness workout materials
- Fitbit device
- Healthy eating guide and portion plate

Led by Our Expert Team

- Social worker
- Dietitian
- Chef
- Maternal child health specialists
- Physical therapist
- Team of fitness instructors

JOIN AS MANY SESSIONS AS YOU CAN AND EARN ONGOING INCENTIVES (SHOPRITE GIFT CARDS).

ENGLEWOOD HEALTH SHIRVAN FAMILY LIVE WELL CENTER

Empowering individuals and families to make healthy choices
Empoderando a personas y familias para que tomen decisiones saludables

59 West Palisade Ave | Englewood, New Jersey

FOR MORE INFORMATION OR TO REGISTER

Contact Flor Suero
201-608-2276

flor.suero@ehmchealth.org