

ME Is All About You!



Mothers Empowered is a new way to receive pre-natal care. Ten pre-scheduled sessions include:

- Your regular check-up
- Group support from other expectant moms
- Childbirth and parenting education

Track your baby's growth and monitor your health, make new friends and learn about what to expect during pregnancy, childbirth and as a new parent.

For more information about **ME: Mothers Empowered**, call 937-277-8988 or visit www.lifestagescenters.com

Lifestages-Samaritan Centers For Women
2200 Philadelphia Drive, Suite 101
Dayton, Ohio 45406



www.lifestagescenters.com
937-277-8988 or toll-free 888-808-1016

Dayton Center

2200 Philadelphia Dr Ste 101
Dayton, OH 45406

Englewood Center

9000 North Main St Ste 232
Dayton, OH 45415

Huber Heights Center

6251 Good Samaritan Way Ste 130
Huber Heights, OH 45424

Centerville Center

6611 Clys Road Ste D
Centerville, OH 45459

Trotwood Satellite

Trotwood Family Physicians
3038 North Olive Road
Trotwood, OH 45426

ME

Mothers Empowered

Group Pre-Natal Care

- Learn to take care of yourself and your baby
- Get to know others who are expecting
- Complete your regular pregnancy check-ups

10 pre-scheduled sessions
No wasted time



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This Is a Very Special Time for You... and you're not alone!

The Lifestages **Mothers Empowered** program is based on the CenteringPregnancy® model – a group approach to pre-natal care. You will be in a group with other women whose due dates are close to yours. You'll meet every month at first. As the birth of your baby approaches, you'll meet every two weeks.



Support

In each of your two-hour sessions, you will have some private time with your health care provider and then get together with your **Mothers Empowered** group to enjoy some refreshments, share stories and talk about what you have been feeling physically and emotionally.



Self-Care

You will learn to take your own blood pressure and weight and enter the data into your medical chart. You will also receive information and tools to help you make healthy choices for your baby, your family and yourself. A Lifestages team of experts – doctor, midwife, registered dietitian and social services counselor – will be available to help you with special needs.



Set Schedule

All of your **Mothers Empowered** group meetings will be scheduled before you begin the program. Knowing program dates and times in advance will help you arrange childcare and meet your work obligations, if necessary. There will be no wasted time sitting in a waiting area or examination room. You'll be busy every minute!

Your baby, you and **ME.**