



Cleveland Clinic

Family Health and Surgery Center, Wooster



Understanding Pregnancy

Find out what to expect when you are expecting.

This class is designed for women and their support person to find out what you can expect when you are expecting. It is intended for first time parents. Women who are planning a pregnancy are also welcome. Topics include:

- Physical and emotional changes
- Common discomforts/comfort measures
- Weight gain, nutrition, diet and exercise
- Fetal development

FREE

For class dates and times call **330.287.4500**

Wooster Women's Health Center, 1739 Cleveland Road, Wooster, OH 44691
