

Tune in for Teaching Tuesdays

Pregnancy can be one of the most exciting times of a woman's life. There is no doubt that whether this is your first pregnancy or fifth pregnancy you may have many questions. The *Teaching Tuesdays* webinars will help answer these questions. For each of these webinars, you will also have the option to consult with the nurse who will screen patients for a level of possible depression during pregnancy and post-partum depression.



First Trimester: What You Need to Know

This webinar is intended to instruct the pregnant woman on what to expect during the first trimester. It will cover topics such as the importance of prenatal visits, screenings your doctor may order and the importance of prenatal vitamins during pregnancy.

Join us for this webinar on:
April 5th • 11:00a-12:00p CT
April 12th • 5:15-6:15pm CT
April 19th • 4:00-5:00pm CT
April 26th • 11:00a-12:00p CT

Second Trimester: What You Need to Know

This webinar is intended to instruct the pregnant woman on what to expect during the second trimester. It will cover topics such as the importance of healthy eating, recommended weight gain and the benefits of exercise during pregnancy.

Join us for this webinar on:
April 5th • 4:00-5:00pm CT
April 12th • 11:00a-12:00p CT
April 19th • 5:15-6:15pm CT
April 26th • 4:00-5:00pm CT

Third Trimester: What You Need to Know

This webinar is intended to instruct the pregnant woman on what to expect during the third trimester. It will cover topics such as planning for birth, pediatrician information, and what to expect after the baby is born.

Join us for this webinar on:
April 5th • 5:15-6:15pm CT
April 12th • 4:00-5:00pm CT
April 19th • 11:00a-12:00p CT
April 26th • 5:15-6:15pm CT



***Please note: All webinars and programs must be completed outside of work hours.**