

# ***NOW OFFERING: CENTERING PREGNANCY***

## ***As Part Of Your Pregnancy Journey***

### **What Is Centering Pregnancy?**

Centering pregnancy is a group-based model of prenatal care. Think of it like standard prenatal care combined with a really thorough pregnancy and childbirth class.

Instead of seeing a doctor or midwife individually, women participating in centering pregnancy care attend regular, provider-led group meetings. The meetings are designed to address all aspects of wellness during pregnancy, not just your physical health.

#### ***Additionally, Centering Pregnancy groups often cover topics including:***

- Dealing with pregnancy side effects and discomforts
- Preparing for giving birth
- Stress management
- Breastfeeding
- Exploring health and wellness topics to fit the group's needs

#### ***And research shows that this care model is associated with:***

- Higher breastfeeding rates
- Less chance of preterm birth
- Decrease in low birth weight babies
- Better management of pregnancy-related conditions, such as gestational diabetes

### **How Can I Participate?**

Call or text us at **516-308-2479** or email us at **[thearchapp@gmail.com](mailto:thearchapp@gmail.com)**.



**EHS**

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