

# OB/GYN Associates Presents:

## Early Pregnancy Classes w/ Tari Justis

Considering becoming pregnant or are you in your early stages of pregnancy?

OB-GYN is offering Early Pregnancy Classes explaining everything you need to know about early pregnancy planning.

On Thursday, Jan. 21st from 6pm to 7:30pm, instructor, Tari Justis, R.N., APN will be answering all of your prenatal questions.

This class offers the following information:

- \* Optional and Routine Testing
  - \* Diet and Exercise
  - \* Birthing classes
  - \* Pregnancy related classes available in the community
  - \* Vitamin supplements sponsored by Prima Care
  - \* Physiological changes w/ pregnancy
- And much more...

Families are welcome! Raffle Gifts from Enfamil with Food and Beverage provided by Mead Johnson.

Please come join us in the lobby of OBGYN Associates.  
Please RSVP at 329-6241

