

HEALTHY MOMS HEALTHY BABIES



HEALTHY MOMS HEALTHY BABIES IS SUPPORTED BY UNITED WAY, GRANTS FROM LOCAL FOUNDATIONS AND YOUR GENEROUS DONATIONS.

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Each woman will need written permission from her health care provider to participate in fitness classes. Please have the note below signed for the first class.

..... may participate in the Healthy Moms Healthy Babies fitness classes provided by fitness instructors from the YWCA.
.....
Physician or Health Care Provider

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Preparing Young Mothers for the Future



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A Holistic Program for You!

Healthy Moms Healthy Babies is a dynamic program for women 20-30 years old and their children. The program seeks to help young women have healthy pregnancies, healthy children, and maintain a healthy lifestyle between pregnancies.

Women in Healthy Moms Healthy Babies acquire skills to further develop their physical, mental, and emotional health. Program staff provide long-term support and referrals to resources as needed.

All programs are **free** for women who meet eligibility requirements. Please contact the program if you have any questions about eligibility, meeting times, or the program components.

Program Components

Childbirth Preparation

Women may attend the classes alone, with a partner, a friend, or family member.

This program offers:

- Childbirth preparation
- Health information addressing the needs of expectant women
- Fitness classes that are fun and safe for pregnant women
- Tender Loving Care for pregnant women in their preparation for birth and parenting
- Newborn care information
- Tips about breastfeeding

Support

Meet and network with other women while discussing topics such as health and nutrition, relationships, motherhood and career goals. Meetings include fellowship, food and fun! Staff offer longterm, individualized support.

Doula Program for Moms

A doula is a female volunteer who is trained to provide emotional support and practical comfort measures during childbirth.

She enhances support for the mom but does not replace the women's partner or other support person.

Doulas do not provide any medical care.

FITNESS

Rock 'N Stroll

An exercise class for both moms and babies that is fun, functional and baby friendly. Easing babies into exercise helps set the stage for their interest in healthy physical activity as they grow. Stroller exercises are carefully designed to be safe and fun for baby and offer a challenging workout for mom.

Mommy & Me

Toddlers love to sing songs, play games and dance with their moms. Moms get fit and toddlers get excited as they participate in positive and stimulating movement in this class. These bonding activities produce outcomes that reveal themselves throughout childhood development.