



Center for Black Women's  
**Wellness**



# EMPOWERMENT THROUGH EDUCATION

The Center for Black Women's Wellness will empower you on your journey before, during and after pregnancy! Join us as we host monthly workshops surrounding prenatal and postnatal care and how to stay informed during each stage of pregnancy.

- Week 1:** Black birthing bill of rights
- Week 2:** 1st-2nd trimester
- Week 3:** 2nd-3rd trimester
- Week 4:** 4th trimester/postpartum



Receive a  
pregnancy pillow  
upon completion  
of all 4 classes!

Classes are held weekly, each Tuesday at 6PM via Zoom

QR Code to Zoom Link



**Zoom Meeting:**

Meeting ID: 857 7216 2846

Passcode: 949354