

**REACH OUT STAY STRONG ESSENTIALS**

**FOR MOMS TO BE**

**ARE YOU PREGNANT?**

Having a baby can bring about many changes in a mother’s life. Here at (name of clinic) we are committed to helping mothers get a good start for their babies. When moms are happier, they raise healthier and happier children. We are offering the Rose Program; classes for pregnant women to educate themselves on the types of changes to expect once baby arrives and how to manage these changes successfully.

If you think ROSE Program will help you or want to learn more about the program ask your provider or call (Insert number)

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