

Pregnant?



WE WOULD LIKE TO THROW YOU A BABY SHOWER!

Healthy Baby Shower Dates:

May 26, 2016

June 23, 2016

July 21, 2016

August 25, 2016

Time: 2:00—3:00 pm

Location: Comanche County Health Department - WIC Conference Room

1010 S. Sheridan Rd., Lawton, OK 73501



RSVP: Sarah Lambaria

SarahL@health.ok.gov

or (580) 585-6612



WHAT IS A HEALTHY BABY SHOWER?

Healthy Baby Showers is a program that the Comanche County Health Department offers for expectant mothers. During these "showers", women will learn the latest safety information on how to care for their newborns, get advice on how to stay healthy during their pregnancies, and meet other expectant mothers.

WHO CAN COME TO THE HEALTHY BABY SHOWERS?

All expectant mothers are encouraged to attend.

CAN I BRING SOMEONE WITH ME?

Of course! We prefer children not attend but your spouse, mother, or friend are welcome to join you. Please only one guest per person.

HOW OFTEN CAN I ATTEND THE HEALTHY BABY SHOWERS?

Hopefully you will come to every Healthy Baby Shower while you are pregnant! We welcome you to attend every one of the showers!

WHAT ARE THE BENEFITS OF ATTENDING?

You will have the opportunity to:

- Meet and socialize with other expectant mothers.
- Learn about how to make sure your newborn stays safe.
- Receive health tips for you and your baby while pregnant.
- Create a support group with the people who attend.

DO I NEED TO MAKE AN APPOINTMENT TO COME?

No, however, we would appreciate an "RSVP" so we can have a good count of the number of refreshments to provide.