

WEIS M-O-M-S Class #1

Agenda:

- Introductions
- Ground rules for M-O-M-S sessions
- Anticipated schedule of the M-O-M-S sessions

CLASS CONTENT

- Accepting pregnancy
 - Pregnancy discovery
 - Pregnancy journey (thus far)
 - Body changes
 - Health
 - Mood
- Respond to any questions about accessing care or resources
- Encourage completion of questions in Birth of a Mother (BOM) manual prior to next class, p. 11

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