

# The African American Health Program



(Start More Infants  
Living Equally—healthy)



PRESENTS: THE 2013

# FREE

These are not your ordinary  
childbirth/breastfeeding classes!  
**Learn what you need to know  
to have a healthy baby.**

Must be a Montgomery County resident.  
You are welcome to come at any month  
of your pregnancy. The earlier the better.

Please bring pillows and a mat for the  
class on the 22nd. Fathers and labor  
coaches are welcome. No children of any  
age will be allowed.



The African American Health Program is funded by the  
Montgomery County Department of Health and Human  
Services and administered by BETAH Associates, Inc.

One healthy life leads to another.

[www.onehealthylife.org](http://www.onehealthylife.org)



# CLASSES

Childbirth & Breastfeeding Education

## OCTOBER 21, 22, 23

### 3-CLASS SERIES

(FIND OUT HOW TO QUALIFY)

Free Pack-N-Play Crib (new) OR Free Car Seat (new)

Must attend all 3 sessions to receive  
free pack-n-play or car seat.

**CLASS TIMES: 6-8 PM • Dinner provided**

White Oak Community Recreation Center

1700 April Lane

Silver Spring, MD 20904

**CLASSES FILL FAST  
SO REGISTER EARLY!**

**TO REGISTER, GO TO:**

[www.aahpocptobersmile2013.eventbrite.com](http://www.aahpocptobersmile2013.eventbrite.com)

Missed this class? Don't worry. Visit  
[www.onehealthylife.org](http://www.onehealthylife.org) for the next class schedule.

**For more information, call  
(301) 421-5445**