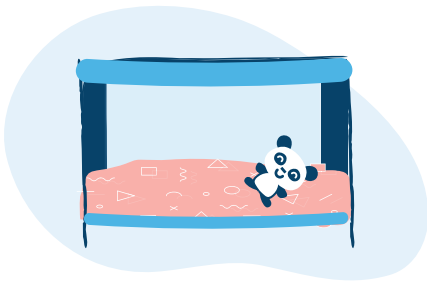




Having a baby? You're invited.

Join us for free childbirth and breastfeeding classes. Sign up for one class or both. These classes are part of your Highmark Health Options benefits. Pizza and salad will be served. Masks are recommended but not required.



Childbirth Class

Feb. 15, 5:30 to 7:30 p.m

Join this class to learn what to expect during pregnancy and childbirth and after your baby is born. This class will help you understand new terms and how to talk with your health care providers. It will give you the chance to ask questions so you will be informed and feel confident during this time of change.

Lactation (Breastfeeding) Class

Feb. 22, 5:30 to 7:30 p.m.

This class is all about breastfeeding. If you're thinking about breastfeeding your baby, join us to get the facts. Avoid the myths. Learn why and how to breastfeed. Ask questions. And leave with the answers and support you need.

Classes are taught by Erica Allen, LPN, and Amber Twyne, who are both certified Community Outreach Perinatal Educators (COPE) and doulas from your community.



To register for one class or both classes:

Call **1-844-325-6251** and ask to speak to a Care Coordinator.

Where to find us.

Network Connect
BioMedical Behavioral and
Allied Health Sciences Center
(Formerly the Capitol Park Community Center)
2 Capitol Avenue
Dover, DE 19901

How to get here.

- Park for free at the building, on the street, or across the street from the building.
 - Take the 107 bus (Dover Transit Center). The bus stop is directly across the street from the building.
 - Request a free ride to and from the event by calling Member Services at **1-844-325-6251**. You must call at least three days before the event to schedule a ride.
-

Discrimination Is Against the Law

Highmark Health Options complies with applicable federal civil rights laws and regulations, and does not discriminate on the basis of race, color, national origin, age, disability, health status, sex, sexual orientation, or gender identity.

Help in Your Language

Highmark Health Options provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, Braille, audio, accessible electronic formats, other formats).

Free language services to people whose primary language is not English, such as:

- Qualified interpreters.
- Information written in other languages.

ATTENTION: If you speak English, language assistance services are available to you free of charge. Call the number on the back of your ID card (TTY: 711).

ATENCIÓN: Si usted habla español, se encuentran disponibles servicios de asistencia con el idioma sin costo alguno para usted. Llame al número que figura al dorso de su tarjeta de identificación (TTY: 711).

ATANSYON: Si w pale kreyòl ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki sou do kat idantifikasyon w lan (TTY: 711).