



Pregnancy & Postpartum Wellness Series

Pregnancy & Postpartum Wellness sessions for Pregnant and Birthing People who are Black, Indigenous, and People of Color (BIPOC)

In partnership with Kai Ayo Z. Shatteen, Kindred Soul Apprentice Midwife* & Anthem Blue Cross (Anthem)

WHAT'S IN STORE?

- Discuss ways to enhance pregnancy with nutrition
- Learn the Stages of Labor & Develop a Birth Plan
- Small Group Setting for intentional learning
- Learn Self-Advocacy Skills & your rights as Pregnant & Birthing People
- Develop a Postpartum Plan and learn the basics of Lactation/Nursing
- Get incentives & resources from Anthem

WHO IS IT FOR ?

Anthem Medi-Cal members, in their 2nd and 3rd trimesters of pregnancy and live in Alameda, Contra Costa & San Francisco counties.

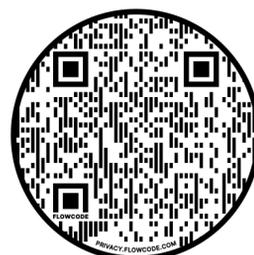
WHEN & WHERE?

Three-part Zoom series starts:
Saturday, May 22 at 10am
May 29, June 5

SCAN OR CALL TO SIGN UP:
(213)-222-3663



kindred soul



Anthem®
BlueCross 