



# Pregnancy & Postpartum Wellness

No cost, 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?

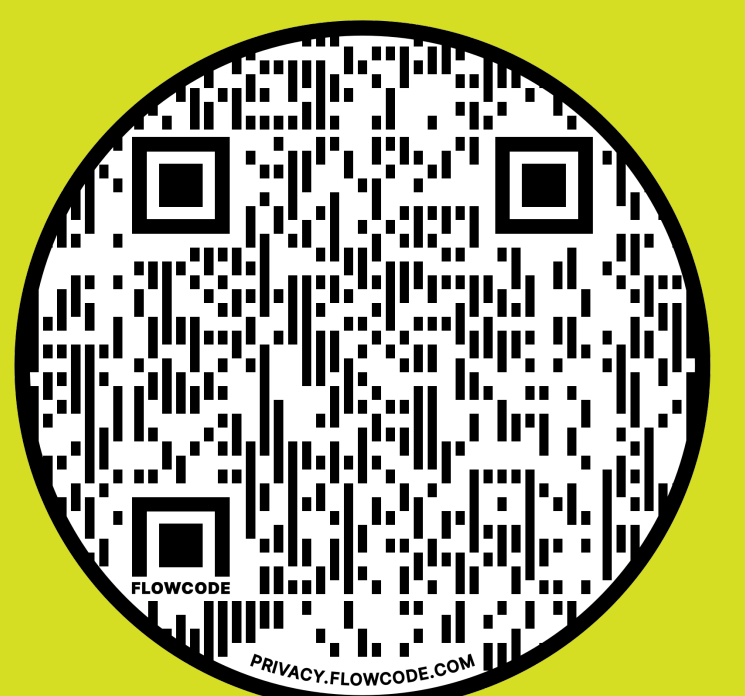
- Discuss ways to enhance pregnancy with nutrition
- Learn the Stages of Labor & Develop a Birth Plan
- Learn Self-Advocacy Skills & your rights as Pregnant & Birthing People
- Develop a Postpartum Plan and learn the basics of Lactation/Nursing
- Get incentives and resources from Anthem

## WHO IS IT FOR ?

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

## WHEN & WHERE?

Three-part Zoom series starts:  
Saturday, July 10, July 17 and July 24



## SCAN OR CALL TO SIGN UP:

- (213)-222-3663
- LINK: <https://bit.ly/34n7ko7>

