

EARN A **FREE** CAR SEAT!

Graco SlimFit
3-in-1



Rural Maternity and Obstetrics Management Strategies (RMOMS) Program is gifting a free car seat to new moms and attendees.

YOU CAN BE ELIGIBLE BY COMPLETING OUR **BIRTH PREP SERIES**

Required to Attend All 3 Classes Education Room • 2nd Floor

JUL
8

BREASTFEEDING • 6PM

- Focus on breastfeeding information
- Benefits and importance of breastfeeding
- Discuss difficulties and retrying

JUL
30

NEWBORN/POSTPARTUM CARE • 6PM

- Care of mom and baby after delivery
- Help with newborn care for new parents

AUG
20

CHILDBIRTH • 6PM

- Emphasis on birth process
- What to expect during your hospital visit
- Q&A with a labor nurse

**2 WAYS
TO ATTEND!**

**In-Person
or Virtual**



**Uvalde
Memorial
Hospital**

To sign up contact our **Women's and Newborns' Center:**
(830) 278-6251 ext. 1121 or email a.pargas@umhtx.org