



Body & Soul Prenatal Health Education & Support Group

Baby yourself... in mind, body & soul!

Join us for a FREE 6 week cycle and learn about simple steps to a healthier pregnancy!

FREE services may include: educational materials, raffles, hospital tours, childbirth classes, special presentations, a baby shower for those who participate in the group and much more!



Group meets twice a week
at The Children's Home
Society of NJ
Located at
635 S. Clinton Ave.
Trenton, NJ 08611
(609) 695-6274
Please Call Today!

**For Further Information About Dates and Times Please Contact
Shahera N. Hutchinson, ext. 123**

or

Vilma Aguirre, ext. 120



**The
Children's
Home Society**
OF NEW JERSEY®

*Saving Children's Lives and Building Healthy Families Since 1894
The Body and Soul program is sponsored in part by the March of Dimes.*