

Baby Basics Moms Club

What is the Baby Basics Moms Club?

Martha Jefferson Hospital (MJH) and the University of Virginia (UVA) Children's Hospital & Women's Health Services, in collaboration with the March of Dimes are sponsoring a new club for pregnant women in Charlottesville! This club offers pregnant women a place to talk about their pregnancy, ask questions, and learn from each other so they know what to expect when they're expecting. The session discussions are led by trained health workers.

Who can join the Baby Basics Moms Club?

The club is free and open to all pregnant women no matter what your due date. You can also bring along a guest, like your partner, or anyone who provides you with support during your pregnancy.

Where can I attend a club meeting?

Weekly meetings are held in the morning and evening at MJH's Starr Hill Health Center located at the Jefferson School City Center and at UVA's host site, Trinity Episcopal Church on Preston Avenue. If you miss a session you can drop in on one at another site. Call (434) 654-7009 for classes at the Starr Hill Health Center or (434) 924-9920 for classes at the Trinity Episcopal site.



What does the Baby Basics program offer?

Every participant receives a Baby Basics Book and planner to help guide the sessions along with:

- Information about healthy choices and behaviors that lead to a healthier mom and baby
- Free giveaways (diapers, wipes, books, etc.) at every meeting
- Free gift card to women who attend at least six sessions

For more information go to: www.bbmomsclub.com



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