



Priscilla's Helping Hands, Inc.

Project R.E.A.C.H.

Bundle of

J O Y

GOAL:

To educate and inform expectant parents on the risk to the development of babies, thus producing healthy habits during pregnancy...resulting in healthy babies.

OBJECTIVES:

1. Monthly baby showers
2. Provide encouragement to expectant mothers
3. To educate and inform on health topics such as:
 - Breastfeeding
 - Keeping healthy during pregnancy
 - Eating for two
 - The "no's" of pregnancy
 - Warning signs and coping
 - The 'big day'
 - Caring for your baby
4. Give incentives for participation



**3rd Tuesdays
Every other month
July 2010 - May 2011
@ 10:30am**

1314 E. Date Street
San Bernardino, CA 92404
1-866-22REACH or (909) 881-2800
e-mail: phhreach2@yahoo.com
www.projectreach.net

