

# WPCC EQUIP<sup>2</sup> Program

*Empowering Quality Understanding In  
Pregnancy & Parenting*

## 2024-2025 Upcoming Classes

**Register Online!**

@ wilkespcc.com or QR Code  
Click "Schedule an Appointment"



### **November 12th – Infant CPR 1:00-2:30pm**

Registered Nurse will provide families with the knowledge and skills of the lifesaving techniques of infant CPR.

### **December 5th – Car Seat Safety 1:00-2:00pm**

Safe Kids will provide families with knowledge around child passenger safety tips, including how to properly install a car seat.

### **January 28th – Safe Sleep 1:00-2:00pm**

Public Health Education Specialist will provide education on the importance of safe sleep for infants and what safe sleep looks like through the standards of safe sleep NC.

**\* Must be pregnant to attend Safe Sleep class\***

### **February 25th – Basic Pregnancy Nutrition 1:00-2:00pm**

Registered Dietician will go over healthy food options during pregnancy and explain the importance of nutrition.

### **March 26th – Baby Care Workshop 1:00-2:00pm**

WPCC Nurse Manager will provide you with information on swaddling, changing, feeding, and bathing your baby.

### **April 29th – Budgeting 1:00-2:00pm**

Financial Inclusion leader will show you how to assemble a budget and choose a bank account that will serve your financial goals for years to come.

## **What's Included?**

- Water and snacks will be provided during each class as well as a small gift for participating.
- Attend 3 classes & receive your choice of a **Free Boppy Pillow, Diaper Bag, or Feeding Set.**



**WILKES PREGNANCY  
CARE CENTER**

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