



UPMC CENTRAL PA

Perinatal Wellness Program



Becoming a mom can be exciting and challenging. With support, resources, and knowing what to expect during pregnancy, delivery, and postpartum, navigating this journey with other women can be easier. Our team can also help you navigate the health care system to help you have the best plan possible. Located in Camp Hill, PA, our program is open for any mother-to-be or new mom to join.

Our team is a group of providers, educators, and staff committed to women's health and wellness. We want to help you transition into motherhood and focus on supporting your perinatal mental health journey. We guide women through their pregnancy, postpartum, and their child's early development. Our goal is to offer high quality support and education to help pregnant women and new moms.

We Offer:

- A community and connection with other new moms
- Support through your pregnancy and motherhood journey
- Education about psychological and physical changes that occur in pregnancy and motherhood
- Tools for identifying symptoms associated with mood disorders and anxiety

- Help if physical or psychological conditions arise
- A variety of classes and resources such as art therapy and mom/baby yoga

Enrollment is Easy

Call us at **717-988-9438**, email at **perinatalwellness@upmc.edu**, or complete enrollment online at **UPMC.com/PerinatalWellness**. We will reach out after you enroll to give you a schedule of events and programs to choose from. You may attend as many classes as you would like. Classes are offered a variety of days and times, and some are offered virtually. Please note, while the program is entirely free, some classes may have a small fee.

UPMC | MAGEE-WOMENS