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**Peak Vista Community Health Centers Continues Partnership with
March of Dimes Foundation in Support of Health Education Classes**

Colorado Springs, Colo. – Peak Vista Community Health Centers (Peak Vista) continues partnership with the March of Dimes Foundation to sponsor Becoming a Mom - group, health education classes for prenatal patients.

Becoming a Mom classes cover topics such as: Prenatal and dental care, nutrition and exercise during pregnancy, emotional wellness during pregnancy and postpartum, labor and childbirth, postpartum care and contraception, infant care and safety, and breastfeeding. Classes and educational materials are available in English and Spanish. Classes are held at Peak Vista's Women's Health Center, located at 225 South Union Boulevard. Free well-child waiting care is available during your class.

Classes also offer expecting parents an opportunity to earn "Mommy Bucks," to be used towards items like car seats, pack-n-plays, clothes, diapers and other necessities.

To increase the number of women seeking healthcare in the first trimester of pregnancy, Peak Vista offers free pregnancy testing to the community. A woman does not need to be a Peak Vista patient to take advantage of this service.

To learn more about classes, please contact the Becoming a Mom team at (719) 344-6649.

To learn more about Peak Vista's Women's Health Center, visit us [online](#).

About Peak Vista Community Health Centers

Peak Vista Community Health Centers is a nonprofit organization whose mission is to provide exceptional healthcare to people facing access barriers. Established in 1971, Peak Vista now offers primary medical, dental and behavioral health services to more than 82,550 patients annually in the Pikes Peak and the East Central Plains regions. To learn more about Peak Vista, visit peakvista.org.

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