



Rho Chi Zeta Chapter of Delaware County
STORK'S NEST
EDUCATION AND INCENTIVE PROGRAM

Stork's Nest is an incentive-based, prenatal health promotion program for pregnant women. It is a National partnership between Zeta Phi Beta Sorority, Inc. and the March of Dimes that encourages women to make and keep prenatal care appointments and participate in prenatal educational classes. Rho Chi Zeta's Stork's Nest of Delaware County partners with the March of Dimes, The Foundation For Delaware County's Healthy Start Program, Nurse-Family Partnership and Delaware County's WIC Program. **Participants are still being accepted and must pre-register. There is no cost for the program.**

National Partner



Local Partners



Educational Session

Educational Session Schedule: Saturday from 10:30 a.m. to 12:30 p.m.

(Free Continental Breakfast will be served at each session)

Saturday, January 26, 2019

“You and Your Pregnancy”

“Prenatal Care”

Saturday, February 2, 2019

“Eating Healthy During Pregnancy”

“Stress During Pregnancy”

WIC Presentation

Saturday, February 9, 2019

“Things to Avoid During Pregnancy”

“The Big Day: Labor and Birth”

Saturday, February 23, 2019

“Caring for Your Baby”

“Postpartum Care”

Saturday, March 2, 2019

Graduation



Location

**The Foundation For Delaware County's
 Healthy Start Office**
 2602 W. Ninth Street Suite 200
 Chester, PA 19013

Contact

Denise Martin
Education Specialist
 (610-497-7466)

or

Rho Chi Zeta Chapter

Coordinators: Tracy Tucker
 (610-952-4465) &

Shawndra Johnson (610-952-1129)

Email: pxzstorksnest@gmail.com

Please email registration form to:

dmartin@delcofoundation.org

or

Fax registration form to: 610-497-7472