

Discounts Especially for You

For Moms-to-Be

Enjoy three free fitness classes designed to improve your strength, stamina, and well being during pregnancy as our treat to you. With your doctor's written permission, choose from Pre and Postnatal Fitness or Water Aerobics. Try each one, or take your free classes all in one category. Classes are held at the Akron General Health and Wellness Center - West at 4125 Medina Road in west Akron. Call The Women's Center for more information at **330-344-6868**.

 **AKRON GENERAL**

FREE

For Dads-to-Be:

Join veteran dads for a "guys only" class on learning to care for your new arrival. Get some pointers on how to hold, feed, change and play with your new baby, as well as tips on dealing with all the changes a baby brings. Come to our Boot Camp for New Dads program for a 50% discount. These single-session classes are held on Saturdays at the Akron General Health and Wellness Center - West. Call The Women's Center at **330-344-6868** for more information on this helpful and unique class.

 **AKRON GENERAL**

50%

For Families-to-Be:

Enjoy 20% off (cash & carry) Medela maternity and nursing intimate apparel, breast pumps and accessories at the Visiting Nurse Service and Affiliates store in the Akron General Medical Center Main Lobby, 400 Wabash Ave. Store hours are M-F, 9 a.m. - 5:30 p.m. For your convenience, the store has a fitting room with trained staff for assistance. For more information, call **330-344-4VNS**.

 **AKRON GENERAL**
VISITING NURSE SERVICE
and Affiliates

20%