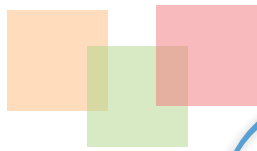


Great Expectations

*a guide to enjoying
your pregnancy*



**Wheaton Franciscan
Women and Infants**



Congratulations...

TO YOU AND YOUR FAMILY!

Childbearing families choose Wheaton Franciscan Healthcare because we excel in both science and sensitivity as we place families at the center of everything we do, creating memories that last a lifetime.

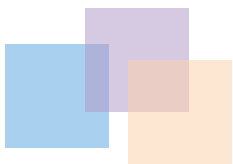
We encourage you to take classes regarding pregnancy, labor, birth and newborn care. Look for the class that's right for your lifestyle and learning needs! All are designed to encourage the health and well-being of you and your baby and help you feel more prepared for the exciting moments ahead.

Please review the handout "**CLASSES AND PROGRAMS FOR YOU AND YOUR BABY.**" For specific class dates and registration visit www.mywheaton.org/womenandinfants If additional assistance is needed Monday through Friday, 8:00am until 4:30pm, call *WheatonDirect* 1-888-994-3286.

In order to be ready for your future hospital stay, we ask that you do the following:

- † **Choose a family practice doctor or pediatrician in your insurance plan to care for your baby.** Visit the "*Find a Doctor*" section on our website www.mywheaton.org/womenandinfants.
- † **Complete and submit the Pre-Admission Information form**, included in this booklet, to the hospital where you will give birth. **This should be done when you are about seven months pregnant.**

We are honored and privileged to be part of your pregnancy and birth experience.



**Wheaton Franciscan
Women and Infants**

PRENATAL MASSAGE

at Wheaton Franciscan Healthcare



Let us take you away
from the stresses and
strains of pregnancy
with a special prenatal
massage...

Available at three Wheaton Franciscan Healthcare sites.

Expectant moms experience unique physical and emotional changes. Prenatal massage can help reduce swelling, ease headaches and backaches, improve digestion, reduce anxiety, and improve circulation. Let our professional therapists relax you and allow you to focus on the positive energy embracing you and your baby!



Wheaton Franciscan Healthcare

In Partnership with the Felician Sisters

For outpatient visits, we ask you to consult with your physician prior to making your appointment. Inpatient visits require a physician order but can be performed in your room.

Prenatal massage prices:

30 minutes.....\$35

60 minutes\$60

Prices are subject to change.

**Enjoy 10% off any treatment: Massage, Skin and Laser, Facial/Waxing or Energy Work.
To receive this one-time discount, mention code "Gift of Motherhood."**

For appointments, please call:

Elmbrook Memorial ▪ 19333 W. North Avenue, Brookfield ▪ (262) 785-2254

St. Joseph ▪ 5000 W. Chambers Street, Milwaukee ▪ (414) 447-2273

Brown Deer ▪ 9252 N. Green Bay Road, Brown Deer ▪ (262) 785-2254

Where babies come from.

For childbirth and parenting classes visit www.mywheaton.org/womenandinfants.
For additional assistance call *WheatonDirect* at 1-888-994-3286.

