



Free Workshop: Preventing Preterm Births

Presented by Sharp HealthCare

Wednesday, October 16, 2019

3 to 4:30 p.m.

Central Library, Mary Hollis Center

330 Park Boulevard

San Diego, CA 92101

Attend a free health workshop to learn how to carry your baby as close to full term as possible. Birth educators from Sharp Mary Birch Hospital for Women & Newborns will explain the warning signs of preterm labor and how to help prevent a premature birth. You will also have time to ask questions.

To register, call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/citywellness.

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

District 3 Councilmember Chris Ward is a proud supporter of this workshop.