



## **Free Health Workshop: Preventing Preterm Births**

Presented by Sharp HealthCare

**Tuesday, May 15, 2018**

**6 to 8 p.m.**

**Mira Mesa Branch Library**

**8405 New Salem Street**

**San Diego, CA 92126**

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](http://sharp.com/citywellness).**

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