



Free Workshop – Preventing Preterm Births

Presented by Sharp HealthCare

Tuesday, June 18, 2019

5 to 6:30 p.m.

Valencia Park/Malcolm X Library

5148 Market Street

San Diego, CA 92114

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.