Welcome to Centering!

Would you like to...

- see the same providers your entire pregnancy?
- take part in your own healthcare?
- know your appointment times/days for the entire pregnancy ahead of time?
- reduce your risk of preterm delivery and low birth weight?
- end long wait times?
- increase breastfeeding success?
- gain knowledge about: pregnancy, labor, delivery, and postpartum & newborn care?
- reduce your chances of a cesarean section?
- have snacks during your visits?

YES!

If you answered yes to any or all of these questions, ask your provider about Centering Pregnancy at your new ob visit.