

# Thinking about having a baby? Newly pregnant and want to know more?

## St Thomas' Hospital can help!

**What?** Open Evenings are open to all women (and their partners) who would like to know more about pregnancy and birth.

- Sessions are run by midwives and others involved in the care of pregnant women at Guy's and St Thomas' NHS Foundation Trust.
- We will offer tips on getting (and staying!) as healthy as possible, to give your baby the best start in life.
- We will also answer any questions you have about getting ready for pregnancy, being pregnant, and getting ready for birth.

**Where?** Parent Education room, 8<sup>th</sup> floor, North Wing, St Thomas' Hospital

**When?** **FIRST THURSDAY** of every month, starting **5 November 2015**,  
6.30 – 8.30pm.

No need to book – just turn up.

Bring your partner, or a friend, or come on your own.

For more information, contact  
Mary Stewart – Consultant Midwife  
07471 021170 or [mary.stewart@gstt.nhs.uk](mailto:mary.stewart@gstt.nhs.uk)