



Realities of Parenthood

Becoming a parent is a wonderful, exciting, and beautiful thing! The reality is that having a baby is also stressful, confusing, and exhausting. A baby changes everything! Learn how to keep your relationship strong, how to take care of yourself, handle the stress that a baby brings, how to build support, and much more.

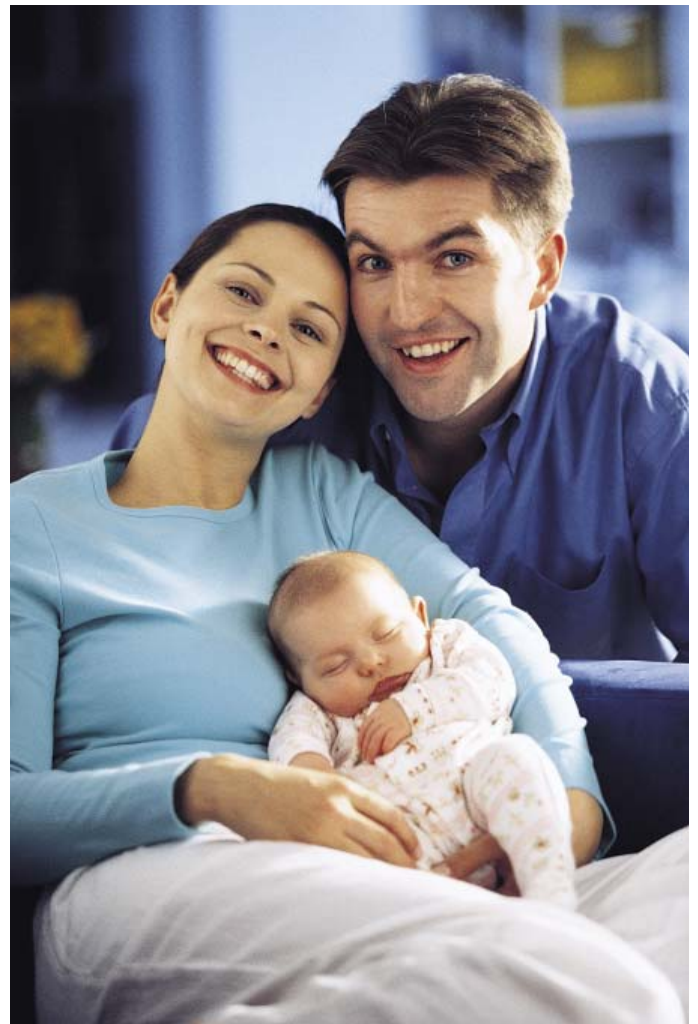
Cost: \$10.00 per person

Dates:

- February 2, 2008: 10:00 AM-12:00 PM
- April 5, 2008: 10:00 AM-12:00 PM
- June 7, 2008: 10:00 AM-12:00 PM
- August 2, 2008: 10:00 AM-12:00 PM
- October 4, 2008: 10:00 AM-12:00PM
- December 6, 2008: 10:00 AM-12:00 PM

Location:

East Ann Arbor Health & Geriatrics Center
Lower level conference room
4260 Plymouth Rd.
Ann Arbor, MI 48109



For more information or to register, contact the Health Education Resource Center at **(734)647-5645** or **1-800-433-6348**.