

Introducing Glow!

A NEW KIND OF PRENATAL CARE & SUPPORT SYSTEM



When you think of the word glow, you might imagine the smile of a pregnant woman or the brightness of a lighthouse providing direction in the darkness.

The word glow brings feelings of warmth, health, and guidance.

Glow! is a FREE program that embraces pregnancy and aims to provide care, guidance and support to moms-to-be during this very important time in their lives.

Ask your doctor about



being a part of Glow!

IN FRESNO COUNTY, ONE IN NINE BABIES IS BORN PREMATURELY.

Glow! is the result of on-going community collaboration to improve the health of moms and their babies.

This FREE program for moms-to-be will study the impact of group prenatal care as an alternative to traditional individual appointments.

Patients will receive the same medical care through Glow! along with enhanced patient education. They will also experience the emotional and social support that comes from being in a group.

Glow! is a collaborative project and is supported by First 5 Fresno County, California State University, Fresno, and the University of California, San Francisco.



California

Preterm Birth Initiative



University of California San Francisco

Glow! is located at Lighthouse for Children

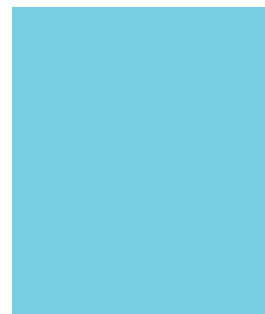
2405 Tulare Street, Suite 201
Fresno, CA 93721

If you are interested in joining Glow!
call or text: [559-537-6854](tel:559-537-6854)

For general info about Glow! contact
Phone: [559-558-4948](tel:559-558-4948)
email: glow@first5fresno.org

www.GlowFresno.org

A new kind of prenatal care



Glow!

ENCOURAGING · EQUIPPING · EMPOWERING
Moms-to-Be in Fresno County



Glow! prenatal groups are free, fun and interactive!

PARTICIPANTS LEARN ABOUT

Nutrition & Exercise

Your Baby's Development

Managing Stress & Anxiety

Healthy Relationships

Creating a Safe Home for Your Baby

Labor & Delivery

Breastfeeding

Newborn Care

Being healthy, strong, & beautiful after pregnancy



We're better together

Glow! supports you, your baby, and your family

Glow! is a FREE program that brings 10-15 women together for prenatal care and education. The groups are made up of moms-to-be that have similar due dates and the same doctor.



ONCE A MONTH SESSIONS

Participate in ten monthly sessions that increase to every other week as you get closer to delivering your baby.



REGULAR MEDICAL CHECK UPS

Your regular doctor or nurse practitioner will be at every two-hour session to provide care and participate in the group.



GROUP EDUCATION & INTERACTION

You can expect relevant teaching and lively discussion with the same facilitator and group of moms-to-be throughout your pregnancy.



SUPPORT & ENCOURAGEMENT

You'll build relationships with your healthcare providers, Glow! program staff, and other moms-to-be. Glow! groups provide a place to share your challenges, ask questions, and celebrate successes.



ONLINE RESOURCES

Between sessions, you can connect with your Glow! group online and explore more pregnancy topics. You can even record your thoughts, hopes, and challenges you experience during your pregnancy.



Glow! Program Benefits

For your participation in the Glow! program, you will receive:

- Enhanced prenatal care
- Fresh food during each Glow! session and FREE groceries to take home
- FREE quality childcare during program sessions
- Up to \$120 for completing surveys about your health and experience in Glow!
- Up to \$200 for transportation to and from Glow! sessions
- Peer support from other pregnant women in Fresno County

Lighthouse
FOR CHILDREN 

Glow! groups will meet at Lighthouse for Children in downtown Fresno

