

UR Medicine Midwifery
is proud to offer

CenteringPregnancy[®]

A unique model of prenatal care that takes place in a supportive group setting with other families who will be birthing their babies around the same time period. Each session will include a regular health check up with your nurse and midwife as well as time with the group to share and learn from each other. Partners are encouraged to attend!

Centering offers:

- More time with your midwife
- Convenience of pre-scheduled appointments throughout your entire pregnancy
- Increased social support and sense of community
- Self-empowerment and involvement in your own healthcare and pregnancy

Medical benefits include:

- Lower risk of pre-term delivery
- Higher breastfeeding rates
- Higher satisfaction with prenatal care



To enroll, please talk to a member of
UR Medicine Midwifery or call **(585) 275-7892**.



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