



Choice Medical Group would like to take this opportunity to congratulate you on your pregnancy. During this special time in your life your body will experience several changes and you will be faced with many questions as pregnancy progresses. Because we care about you and the health of your child, the experienced clinical team at Choice Medical Group offers an ABC's of Pregnancy class. This class covers information about changes in each trimester, support tips on how to deal with pregnancy's aches and pains. It also prepares you for childbirth and provides valuable information on breastfeeding.

This class is held in the conference center at the new Choice Plaza located at 18522 Highway 18, Suite 101 in Apple Valley, the third Thursday of every month from 6:00 pm – 8:00 pm.

We would like to invite you to our next class and we encourage you to call **(760) 242-7777, Ext. 233** to make your reservation and confirm your attendance because we provide educational materials and gifts for each attendant.

Choice Medical Group has been serving the community since 1990. We proudly provide a comprehensive panel of board certified primary care physicians and specialty providers. Choice Medical Group is the only medical group that provides health education programs to their members and some programs are open to the community at large.

The physicians of Choice Medical Group are affiliated with the following hospitals, St. Mary Medical Center, Victor Valley Community Hospital and Barstow Community Hospital.

If you have any questions, please do not hesitate in contacting our member services at **(760) 242-7777, Ext. 224**. Thank you and we look forward to seeing you at our next ABC's of Pregnancy class.

In Good Health,

Linda Blakemore  
Choice Medical Group, Marketing & Public Relations Department