

## Purpose of the Program

The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality.

*Comenzando bien*<sup>®</sup> is a culturally & linguistically appropriate prenatal curriculum for Latino families. The curriculum is available in both Spanish and English and is designed to:

- provide information to Latina women about pregnancy and healthy pregnancy behaviors.
- help participants overcome barriers to care and become assertive, informed consumers of prenatal care services.

Each *Comenzando bien*<sup>®</sup> session contains learning objectives, key messages, a materials toolbox, and a step-by-step lesson plan that can be adapted to meet your clients' needs.



## *Comenzando Bien*<sup>®</sup>



**March of Dimes and CPSP agree that *Comenzando bien*<sup>®</sup> meets CPSP patient education standards.**



march of dimes

March of Dimes

Greater Los Angeles Division

3699 Wilshire Blvd., Suite 520

Los Angeles, CA 90010

Visit our website at: [www.marchofdimes.com](http://www.marchofdimes.com)

# REGISTRATION

*Please complete one per participant*

Name: \_\_\_\_\_ Title:  CPHW  MA  RN/LVN  other: \_\_\_\_\_

Agency/Clinic: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

*This training is directed towards CPHWs, health educators, and other health professionals that interact directly with patients.*

*Payment & registration must be submitted by end of business day Wednesday July 16th — limited space so register early!*

**Registration fee:  
\$35 per participant**

*Includes FREE PARKING, breakfast, lunch and March of Dimes educational materials.*



## 2008 *Comenzando bien*® Training

Tuesday July 29

7:30am-4:00pm

### Location:

**The California Endowment**

**Center for Healthy Communities - Yosemite Hall A**

1000 N. Alameda St.

Los Angeles, CA 90012

www.calendow.org/chc

FREE PARKING!

### PROGRAM AGENDA

- 7:30-8:30am Registration, Breakfast & Exhibitor booths: resources
- 8:30-8:45am Introduction to *Comenzando bien*® & Announcements
- 8:45-9:30am Statistics on Latino birth outcomes
- 9:30-10:15am Adult learning: what you need to know as a facilitator
- 10:15-10:30am **BREAK**& last visit to exhibitor booths
- 10:30-11:15am Anatomy and physiology of pregnancy
- 11:15-12:00pm Myths & Misconceptions—how to keep healthy during pregnancy
- 12:00-12:45pm **LUNCH**
- 12:45-1:30pm **Psycho-social issues during pregnancy**
- 1:30-2:30pm Nutrition before, during and after pregnancy
- 2:30-2:45pm **BREAK**
- 2:45-3:30pm Lesson plans—incorporating *Comenzando bien*® into CPSP
- 3:30-4:00pm Evaluations, certificates, closing

### Comenzando bien® curriculum

Organizations that are sending employees to this training must own at least one official *Comenzando bien*® curriculum per site.

Consultants who are attending this training must own at least one official *Comenzando bien*® curriculum.

All organizations and consultants must bring at least one curriculum to the training.  
→ If you don't have a curriculum, you must buy one from us (cost \$100.00).  
Include payment with your registration.

### REGISTRATION

\$35 per participant (x   ) = \_\_\_\_\_ +

\$100 per curriculum (x   ) = \_\_\_\_\_

**TOTAL**

Payments accepted:

- ◆ Checks (made payable to *March of Dimes*)
- ◆ Cash
- ◆ Money orders

Payment & registration **MUST** be received by 7/16/2008

RSVP to: Fernanda Becerra  
3699 Wilshire Blvd Ste. 520  
Los Angeles, CA 90010

Or fax registration to (213) 637-5055 to secure registration and mail in payment with original registration.