

Baby Bump & Beyond Expo

PLANNING & SELF CARE FOR EXPECTING MOMS

	PRIVATE DINING ROOM	GME CLASSROOM 1070
10:30 - 10:55 a.m.	Understanding the NICU Environment <i>presented by The Maternity Center at South Texas Health System</i>	Postpartum Stroke Education <i>presented by STHS Stroke Department</i>
11:05 - 11:25 a.m.	Fresh and Fabulous Salads for Your Pregnancy Journey, <i>presented by Mayra Olivares, STHS Clinics</i>	What Labor Really Feels Like and How To Cope <i>presented by The Maternity Center at South Texas Health System</i>
11:30 - 11:55 a.m.	How to Avoid a Cesarean <i>presented by RGV Birth Center</i>	Importance of Pre and Postnatal Fitness <i>presented by Fit4Mom</i>
12:05 - 12:25 p.m.		Proper Nutrition During Your Pregnancy <i>presented by STHS Mcallen Dietary Department</i>
12:30 - 12:55 p.m.	Addressing Depression and Anxiety During Pregnancy <i>presented by STHS Clinics Mental Wellbeing</i>	What To Do With Your Placenta <i>presented by RGV Birth Center</i>
1:05 - 1:25 p.m.	Seeing Baby Safely: Why it Matters Who's Behind the Probe <i>presented by Lifes First Portrait Ultrasound Studio</i>	Infant CPR & Choking <i>presented by The Maternity Center at South Texas Health System</i>
1:30 - 1:55 p.m.	Partner Support <i>presented by STHS Maternity Center</i>	