

## How can I make an appointment?

Please call us:

(562) 281-0305

We are open:

Monday – Thursday 8 a.m. – 5 p.m.  
1st and 3rd Saturdays of each month  
8 a.m. – 12 p.m.



## Our Doctors and Practitioners

Dr. I. Paja - Family Practice

Dr. S. Torre - Pediatrics

F. Zambrano, PA

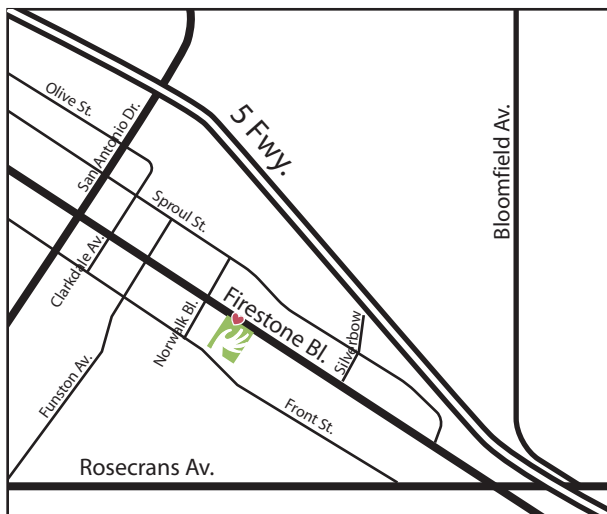
M. Bernal, PA

## Who is JWCH?

JWCH Institute, Inc. is a nonprofit organization first established in 1960, providing health care services for underserved communities in Los Angeles County.

The mission of JWCH is “to improve the health status and well-being of underserved segments of the population of Los Angeles through the direct provision or coordination of health care, health education services, and research.”

## Where is the JWCH Norwalk Regional Health Center?



The center is located at:

12360 Firestone Boulevard  
Norwalk, CA 90650

...and is served by Metro lines 62, 270, 460, and Norwalk Transit lines 3, 4, and 5. Transportation assistance is available.



*We look forward to serving your family's healthcare needs!*



**JWCH**  
INSTITUTE, INC.  
John Wesley Community Health

## Norwalk Regional Health Center



*Now Offering*

## Prenatal Care

*You deserve it...  
your baby does, too!*

## What prenatal care is available from JWCH?

Our clinic offers comprehensive prenatal care, including:

- Pre-conception Counseling
- Develop individualized health care plan
- Regular Physical Assessments
- Health Education and Guidance
- Psychosocial Services
- Ultrasound Screening
- Laboratory Tests
- Genetic Screening
- Nutritional Services
- Prenatal Vitamins
- WIC Referrals



In addition, we offer all our prenatal clients the following classes:

- Breastfeeding
- Post-Partum Self-Care
- Infant Development
- Home and Child Safety



## Can I afford it?

*No one* is turned away for lack of ability to pay. JWCH uses a sliding fee scale and accepts:

- Health Plans
- Medi-Cal
- Healthy Families
- CHDP

Can you afford *not* to seek prenatal care? Adequate prenatal care significantly reduces the risk of low birth weight babies and other birth complications.

## How often do I need to see a doctor when I'm pregnant?

The American College of Obstetricians and Gynecologists (ACOG) recommends prenatal visits on the following schedule:

- About once a month for the first six months
- Every two weeks during the 7th and 8th months
- Weekly during the 9th month

Additional appointments may be scheduled as needed for laboratory tests, ultrasound screening, or additional services based on your doctor's recommendation.



## What should I do differently now that I'm pregnant?

For the most part, the things that you should do during pregnancy are the same things that we should all do all the time. Eat right. Exercise. Avoid drugs, smoking, and alcohol. It's good advice no matter who you are. But when you're pregnant, the stakes are higher.

*Can I keep working?* Probably so. Most jobs are appropriate for pregnant women. A few jobs may require special accommodations, or you may have to switch to a different job in the same company for a while. Especially if your job includes heavy lifting, excessive noise, or exposure to toxic chemicals, talk to your doctor about how to protect your baby.

*Should I stop exercising?* Unless your doctor tells you otherwise, you should keep or start exercising regularly. Getting exercise is important to maintaining a healthy weight and being ready for birth. If you already exercise vigorously, you may need to switch to lower impact activities. Low-impact aerobics, yoga, walking, and swimming are all great activities for pregnant women. Activities to avoid are those where you are at risk of getting hit in the abdomen or falling, such as soccer or horseback riding.

