

# EXPECTING? Are you ready?

If you are thinking about having a baby, or if you're already in your first trimester...Mercy has the event for you. We call it **Great Expectations**. It's free and includes insights from a physician, childbirth educator, dietitian and fitness guru. You can even take a tour of our birthing area before or after the event and meet our experienced staff!



## **Mercy Women & Infants' Center**

6:30-8:30 p.m., Thursday, July 29

East Tower Conference Center

Mercy Medical Center—Des Moines

1111 Sixth Ave., Des Moines

## **Mercy West Lakes Birthing Services**

6:30-8:30 p.m., Tuesday, Aug. 3

Cownie Conference Room

Mercy West Lakes

1601 60th St., West Des Moines

## **Register:**

(515) 243-2584

[www.mercydesmoines.org](http://www.mercydesmoines.org)



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Every Day in Every Way.™