

Welcoming Baby celebrates you!

Get ready for your baby in a fun way at the **Sentara Health Plans Baby Shower**. You'll hear from experts and learn about free resources to help you have a healthy pregnancy. We will send you a care package after you attend.



Thursday, December 5

12-2 p.m.

Online

What to expect

- Evenflo® baby item raffle
- Guest speakers
- Prenatal care
- Breastfeeding tips
- Postpartum support
- Member benefits
- Local resources
- Games

Ways to register

Online: sentaramedicaid.com/babyshower

Email: welcomingbaby@sentara.com

Call: 1-844-563-4205 (TTY: 711),
Mon-Fri, 8 a.m.-5 p.m.

After you register, you will get an email with the link to attend online from a computer or smartphone.



To learn more, scan this QR code with your smartphone

