



STORK'S
nest

The Nest!



Stork's Nest is an incentive based, prenatal health promotion program for low-income pregnant women. It is a national partnership between Zeta Phi Beta Sorority, Inc. and the March of Dimes that encourages women to make and keep prenatal care appointments and participate in prenatal educational classes.

Local Collaboration

march of dimes
WORKING TOGETHER
FOR STRONGER,
HEALTHIER
BABIES



CROZER-KEYSTONE
**HEALTHY
START**

A PROGRAM OF
WOMEN AND
CHILDREN'S
HEALTH SERVICES



Stork's Nest Educational Series Covers:

- ✓ **You and Your Pregnancy**
- ✓ **Prenatal Care**
- ✓ **Eating Healthy During Pregnancy**
- ✓ **Stress During Pregnancy**
- ✓ **Things to Avoid During Pregnancy**
- ✓ **The Big Day: Labor and Birth**
- ✓ **Caring for Your Baby**
- ✓ **Postpartum Care**
- ✓ **Graduation**

Incentives:

Stork's Nest participation equals points!

- ✓ Strollers
- ✓ Cribs
- ✓ Car Seats
- ✓ Feeding Chairs
- ✓ Activity Mats
- ✓ Diapers
- ✓ Breastfeeding Bras
- ✓ Breast Pumps
- ✓ And Much More!!!

Education + Healthy Choices = Great Incentives





Rho Chi Zeta Chapter of Delaware County

STORK'S NEST
EDUCATION AND INCENTIVE PROGRAM
SERVING DELAWARE COUNTY
www.rhochizeta.com

Stork's Nest is an incentive based, prenatal health promotion program for low-income pregnant women. It is a national partnership between Zeta Phi Beta Sorority, Inc. and the March of Dimes that encourages women to make and keep prenatal care appointments and participate in prenatal educational classes. Rho Chi Zeta's Stork's Nest in Chester partners with the March of Dimes and Crozer-Keystone Community Foundation Healthy Start/Nurse Family Partnership. Participants are still being accepted and must pre-register for the program. There is no cost for the program.

National Partner



Local Partners



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Educational Sessions

Educational Session Schedule: Friday from 9:30 am. to 11:30 am.

(Free Continental Breakfast will be served at each session)



Friday, April 7, 2017

You and Your Pregnancy

Prenatal Care

Friday, April 14, 2017

Eating Healthy During Pregnancy

Stress During Pregnancy

Friday, April 28, 2017

Things to Avoid During Pregnancy

The Big Day: Labor and Birth

Friday, May 5, 2017

Caring for Your Baby

Postpartum Care

Friday, May 12, 2017

Location

Crozer-Keystone
Community Foundation
Women and Children's Health Services
Community Medical Office Building
2602 W. Ninth Street Suite 200
Chester, PA 19013

Contact

Rho Chi Zeta Chapter
Coordinators: Shawndra
Email: pxzstorksnest@gmail.com
or
Crozer-Keystone
Community Foundation
Women and
Children's Health Services
610-497-7344

Please email registration form to:

pxzstorksnest@gmail.com or

Fax registration form to: 610-497-7472

Promoting Stork's Nest

Zeta Phi Beta Sorority, Inc.

Pennsylvania and Atlantic Region Contacts

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