

# Why Choose Centering?

Would you like to...

see the same providers your entire pregnancy?

take part in your own healthcare?

know your appointment times/days for the entire pregnancy ahead of time?

reduce your risk of preterm delivery and low birth weight?

end long wait times?

increase breastfeeding success?

gain knowledge about: pregnancy, labor, delivery, and postpartum & newborn care?

reduce your chances of a cesarean section?

have snacks during your visits?

**YES!**

*If you answered yes to any or all of these questions, ask your provider about Centering Pregnancy at your new ob visit.*