

**Women’s Health is the
Center of Our Care**

Whether you’re having a baby or seeking menopause support, Borgess Women’s Health can make a difference in your health—and your life. Our approach to women’s health emphasizes understanding and tending to your individual needs. Combined with delivering comprehensive gynecologic and obstetric care, we strive to help you achieve and maintain a healthier lifestyle through education and prevention programs, screenings, nutrition services, and more.

To discover how you’re at the center of our care, visit women.borgess.com.

Contact Us

For more on CenteringPregnancy or to sign up today, call Borgess Women’s Health at:

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BORGESS
Women’s Health



women.borgess.com



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Imagine CenteringPregnancy®

Imagine...

Spending two hours with your health care provider at each visit.

Imagine...

Making friends with other moms-to-be as you discuss your pregnancies over the course of seven months.

Imagine...

Beginning your prenatal checkup and appointment right on time, every time.

Imagine...

Learning how to take better care of yourself, your baby and your family.

Imagine...

CenteringPregnancy.



Giving Those Expecting What They Should Expect

While preparing to bring a new life into the world is exhilarating, it can also be overwhelming. Sometimes, moms-to-be need a little extra encouragement, understanding and support in their corner.

That's why Borgess Women's Health is proud to offer CenteringPregnancy, a program created by the Centering Healthcare Institute. In a group setting, this exclusive program gives those expecting what they should expect: plenty of time, attention and guidance.

A Closer Look at CenteringPregnancy

CenteringPregnancy offers you and your family the opportunity to receive prenatal care in groups. Women spend additional time with their health care provider and other expecting moms, giving them a chance to learn a lot more about pregnancy, childbirth and parenting. Checkups, support and education all take place in a group setting.

It's about groups

As part of this program, you will be in a group with several other expecting mothers with similar due dates. In each of the 10 sessions, you'll also have private time with your health care provider. Then you'll meet as a group to discuss solutions to your specific questions and concerns, as well as enjoy some light refreshments.

It's about self-care

By taking your own blood pressure and weight, and charting this information, you'll be empowered to track your pregnancy progress and your baby's growth. Plus, you'll receive education and tools to enable you to make healthier choices for you, your baby and your whole family.

It's about moms-to-be

You'll be with other moms-to-be, women who understand what you're experiencing. You'll have a chance to share stories, talk about health issues that matter to you, and discuss what you're going through physically and emotionally. Groups will meet every month at first; then, as the birth of your baby approaches, every two weeks.

It's about time

Before you even begin, you'll receive a schedule of your group meetings, making it easier to arrange childcare or meet work obligations. You won't have to enroll in separate childbirth classes, because everything will be covered in your group. Best of all, you'll be spending more time sharing and learning.