

Peak Vista Women's Health Center



Our Women's Health Center provides services to women of all ages through OB/GYN physicians, certified nurse midwives, certified nurse practitioners and other dedicated health care professionals committed to women's health and well-being. Our providers offer a wide range of services from preventive education and routine gynecological exams to labor and delivery at Memorial Health System Central.

Services are customized to meet the needs of women at every phase of their lives: prenatal care, initial menstruation education, birth control, after baby care, perimenopausal issues, GYN surgery and abnormal pap smear follow-up.

Additional Services:

- **CenteringPregnancy®:** prepares expectant mothers for birth and parenting by empowering women to actively participate in their prenatal care, develop support from other pregnant women and to link them with community resources. Typical topics include childbirth preparation, breastfeeding, dental health, nutrition, exercise, relaxation techniques, infant care, healthy lifestyles and parenting issues
- **Prenatal Plus:** provides care coordination, nutrition and mental health counseling to Medicaid-eligible pregnant women who are at high risk for delivering low birth weight infants
- **First Visitor:** includes a home visitation program for new or expectant parents along with information about early childhood development, community resources and a free baby gift from one of our caring and trained volunteers



www.peakvista.org