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**[Insert Date and Time]**

Please join us to learn a little bit about physical preparation for pregnancy and delivery. The gathering will provide useful information and an opportunity to discuss the following topics with [insert audience]:

* Preparing for Pregnancy
* Nutrition, Exercise, and Mindfulness During Pregnancy
* Childbirth Preparation

**Physical Preparation for Pregnancy and Delivery**

*If you or someone you know would like support with or more information about physical preparation for pregnancy and delivery, please call* ***[insert resource name & contact information].***

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.

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**Insert Logo and/or Picture of Presenter**