**Physical Preparation for Pregnancy and Delivery**

*Community Education Presentation*

**Presenter’s Agenda**

**Insert Date of Presentation**

**Insert Time of Presentation**

**Insert Location Information**

|  |  |  |
| --- | --- | --- |
| Timing | Topic | Description |
| 5 minutes | **Welcome, Introduction & Overview of Agenda** | * Introduce self, organization, and experience with topic
* Review the three key ideas that attendees will know at the end of the presentation
* Briefly review the agenda or timing
 |
| 12 minutes | **Presentation of Information** | * Provide information focusing on the three key ideas:
	+ Preparing for pregnancy
	+ Nutrition, exercise, and mindfulness during pregnancy
	+ Childbirth preparation
 |
| 5 minutes | **Engagement Activity** | * **Think-Pair-Share**: If you are not currently pregnant, how do you plan to prepare for pregnancy?

If you are pregnant, how do you plan to incorporate what you learned today?* **Group Discussion:** Was there any unexpected information you heard about how to prepare for pregnancy or delivery?
* **Reflection:** Who will you reach out to if you have questions or need assistance with preparing for pregnancy or delivery?
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| 5 minutes | **Questions** | * Participants pose questions and the presenter responds
 |
| 3 minutes  | **Closing** | * Presenter thanks the attendees and provides additional resources regarding the topic
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Published in 2021. To learn more about the MHN, please visit our website at [www.maternalhealthnetworksbc.com](http://www.maternalhealthnetworksbc.com).