**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? |
| 5 minutes | **Questions** | * Participants pose questions and the presenter responds |
| 3 minutes | **Closing** | * Presenter thanks the attendees and provides additional resources regarding the topic |

**Text

Description automatically generated**

This information is made available in part by support from the Maternal Health Network of San Bernardino County.

Published in 2021. To learn more about the MHN, please visit our website at [www.maternalhealthnetworksbc.com](http://www.maternalhealthnetworksbc.com).