A person in a white dress

Description automatically generated with low confidence****

**[Insert Date and Time]**

Please join us to learn a little bit about whole body health during and after pregnancy. The gathering will provide useful information and an opportunity to discuss the following topics with [insert audience]:

* Nutrition and disease prevention during and after pregnancy
* Physical activity during and after pregnancy
* Oral health during and after pregnancy

**Whole Body Health During & After Pregnancy**

*If you or someone you know would like support with [insert relevant topic], 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**