Our community supports a

Healthy Pregnancy

Planning For Pregnancy -
Making Healthy Choices

Pregnancy is a special time for you, your family and your community.

Children are precious, we all have a responsibility to keep our children safe and healthy.

Planning your pregnancy gives you time to make healthy choices before you become pregnant and means you are able to choose a good time in your life to have a baby.

Elders say that how a woman lives, the food she eats, the way she feels and her thoughts all affect her baby.

If you are thinking about getting pregnant, and need information, please talk with your health care provider.

For more **information:**

1 800 O-Canada   **www.healthypregnancy.gc.ca**

Health Canada   Santé Canada

Canada