



**Before, During, and After:
How to have a healthy pregnancy 101**

Date: Wednesday, May 13, 11:30 a.m.

Attend via [Microsoft Teams*](#)

[Register](#) to reserve your spot today!

Employees can learn these simple strategies for well-being:

- Review the importance of a planned pregnancy
- Discuss how to optimize chronic medical problems before pregnancy
- Discuss healthy behaviors, weight gain, and exercise, and follow up during pregnancy
- Review the importance of healthy routine during the post-partum period
- A brief discussion regarding mental health prior, during, and after pregnancy

*We recommend downloading the [Microsoft Teams app](#)