

# A GUIDE TO YOUR POSTPARTUM WELLNESS

We will cover mental, social and physical health topics designed to help you navigate postpartum wellness by:

- » Looking out for challenges and changes in your mental health during pregnancy and postpartum.
- » Preparing for the impacts of social changes and role shifts in the household.
- » Learning to embrace postpartum body changes and lactation.

## JOIN US

Tuesday, November 28, 2023  
12:00 - 1:00 P.M.

## IN PERSON\*

Legacy Plaza East  
Conference Center | Rooms A&B  
5330 E. 31st St.

*\*Food provided and children welcome.*

## OR BY

## ZOOM

Scan QR code for link and registration.



TO RESERVE YOUR IN-PERSON  
OR ONLINE SPOT FOR EVENT  
AND ZOOM LINK.

