



Healthy Start... Planning for Pregnancy



Start your pregnancy journey with the right information and support

Take control of your health and wellbeing with our free community information sessions, designed to support you on your journey to a healthier future.

FREE Pregnancy Planning Evening

For individuals and couples planning pregnancy or in early pregnancy.

Learn about:

- Preparing for a healthy pregnancy
- Nutrition, exercise, and supplements
- Screening tests and care options
- Ask questions with midwives and doctors

Wednesday 12 Aug

6–8pm

Padstow RSL

24-28 Howard Rd Padstow

Register here:

<https://HealthyStartPregnancyPlanningSWSLHDPadstow.eventbrite.com.au>

Contact 0477 784 083



We're here to support you every step of the way.

South Western Sydney
Local Health District

