



SEARCH AWAY...



...For tips to build healthier babies

The information in this workbook is a healthy start for a future baby and a future parent. Its pages cue you on what to think about, before pregnancy.

There is always more to learn and people learn in many different ways. Find out where else you can turn:

- ❖ Check out the “Help is Close to Home” sections in this workbook
- ❖ To contact your local public health unit, 1-800-268-1154
- ❖ Talk to your health care provider
- ❖ Visit your library
- ❖ www.healthbeforepregnancy.ca
- ❖ Canadian Health Network at www.canadian-health-network.ca

Every health choice you make and every little change you work on now, before pregnancy, makes a difference!

My notes...

Things to talk about...

My hopes...
