

Considering Having a Baby?

WHAT DO YOU NEED TO KNOW?

Preparing for Pregnancy
a FREE Spirit of Women seminar

Wednesday, March 30 at 6 p.m.

McGarvey Learning Center at Saint Vincent
232 West 25 Street, Erie

Women who are considering having a baby can learn everything they need to know for a healthy, happy pregnancy by attending this special Spirit of Women seminar presented by Saint Vincent OB/GYN physician **Annette Wagner, MD**.

The seminar will cover why pre-pregnancy health care is important and how nutrition, exercise and emotional health are important factors in preparing for pregnancy. It will also address the importance of knowing you're pregnant early and other tips for future moms.

"Ideally, women should prepare their bodies for having a baby in advance of getting pregnant to try to ensure a better chance of conception and the healthiest possible pregnancy," said Dr. Wagner. "This class will help women accomplish that goal."

Participants will have an opportunity to talk with Dr. Wagner one-on-one afterward.

It's **FREE!** Call 814-866-4817 or e-mail spiritofwomen@svhs.org to register.

