

Virtual Community Education Series



Join us for a highly interactive education series to provide you with the tools needed during your pregnancy and beyond.

INTERCONCEPTION AND PRECONCEPTION HEALTH

April 26, 2022 at 5:30 p.m.

- Hear from Certified Nurse Midwife Laura Shultz from Med North Health Center on how a healthy pregnancy begins long before conception
- Learn how to become as healthy as possible before getting pregnant and why it's important
- Understand the importance of being healthy between pregnancies to optimize birth outcomes



SCAN ME

<https://nhrmc.zoom.us/j/97401359145?pwd=NG1LbWZKNStMM3RiZ1lqUlpGd1lldz09>

MATERNAL MENTAL HEALTH: IT'S NOT JUST POSTPARTUM. IT'S NOT JUST DEPRESSION.

May 17, 2022 at 5:30 p.m.

- Learn about the “baby blues,” a normal period of transition affecting up to 85% of new mothers
- Understand why some women are more at risk of maternal mental health conditions
- Risks to mothers who are left untreated and the children born to them
- Ways to work towards recovery



SCAN ME

<https://nhrmc.zoom.us/j/92911550798?pwd=dXhoZmJSMVFqM1BUM0FDOVhaRzBUUT09>

REPRODUCTIVE CHOICE FOR MEMBERS OF THE LGBTQ+ COMMUNITY

June 21, 2022 at 5:30 p.m.

- Fertility preservation options for transgender patients and how to access them
- Reproductive justice and the ability of all people to access gender-affirming care
- Reproductive options around family building for LGBTQ+ individuals



SCAN ME

<https://nhrmc.zoom.us/j/95164360195?pwd=VGJlQWNTOFBQY2xZYyswWEFBakVUdz09>

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