



# 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

**Tuesday 12 May 6–8pm**

**The Waratah Room**

**West's Leagues Club**

**Campbelltown**

**Old Leumeah Rd Leumeah**

Register here:

[https://HealthyStartPregnancyPlanning  
SWSLHDCampbelltown.eventbrite.com.  
au](https://HealthyStartPregnancyPlanningSWSLHDCampbelltown.eventbrite.com.au)



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