

# BRIGHT FUTURES START HERE



## FREE HEALTH LECTURE

# Getting ready for a safe pregnancy

**PLUS, LEARN HOW TO CHOOSE A HEALTH CARE PROVIDER FOR YOUR PREGNANCY AND CHILDBIRTH**

**When** Thursday, July 18, from 7 to 8 p.m.

**Where** Impact Rock Church in Erie, 710 Austin Street, Suite 200

Some of the most important things you can do to help ensure a safe pregnancy and healthy baby should happen before you get pregnant.

Come hear an obstetrician/gynecologist and a nurse midwife explain how to prepare your body for pregnancy and how to boost your chances of conception. Plus, learn what to consider when choosing a provider to care for your needs during pregnancy and childbirth.

**RESERVATIONS REQUIRED:**

[bchlectures.org/pregnancy](http://bchlectures.org/pregnancy) • 303-415-4212



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