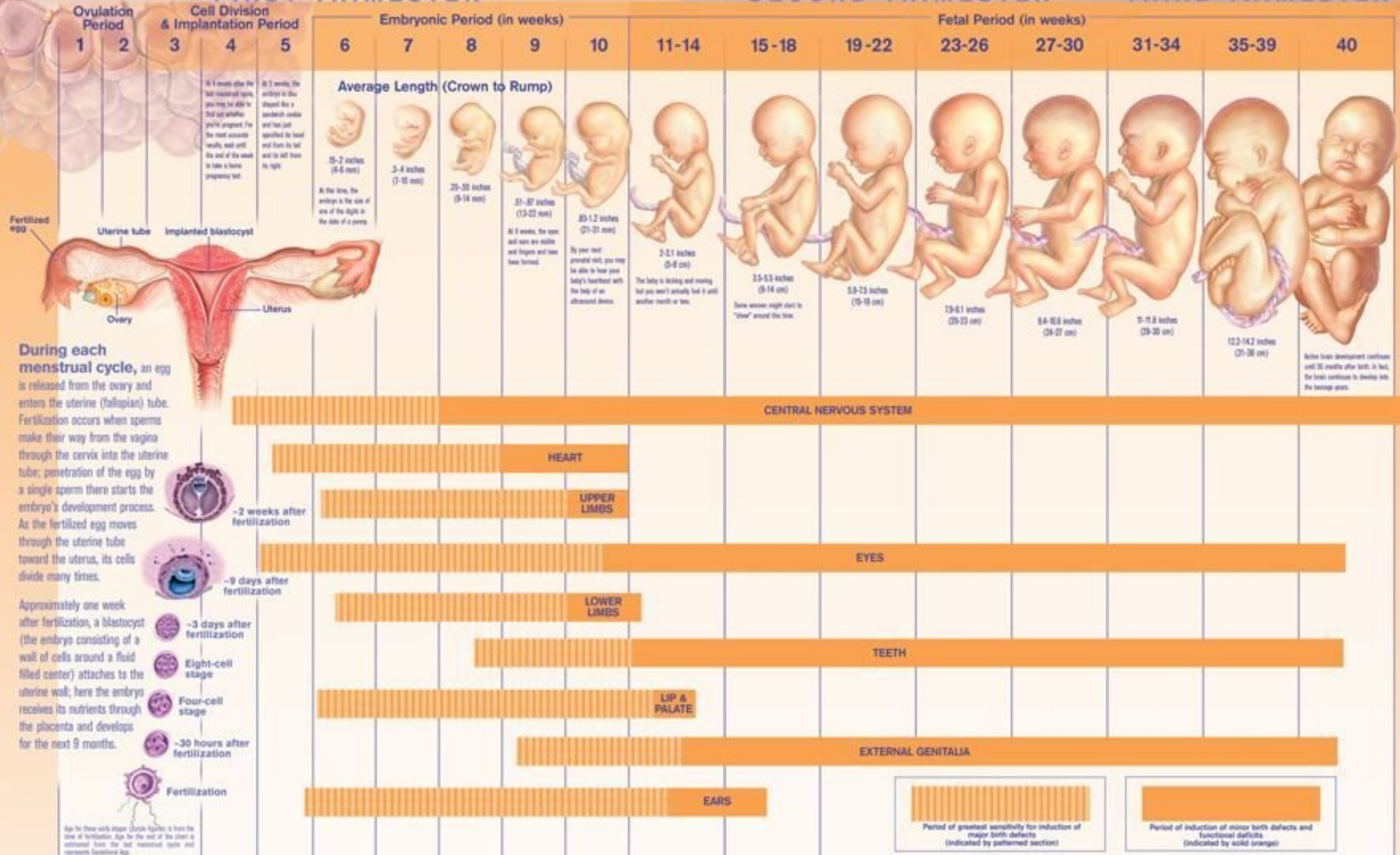


Prenatal Development

FIRST TRIMESTER

SECOND TRIMESTER

THIRD TRIMESTER



Healthy babies begin with healthy moms!

Before and during your pregnancy, eat healthy foods, take folic acid every day, exercise wisely and avoid harmful substances.