# REDUCE THE RISK OF PREGNANCY COMPLICATIONS



As a health care team directed by physicians, it is our goal to continuously improve the quality of our service and the outcomes of our patients.

#### **CONTACT US**

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### Healthy Pregnancy

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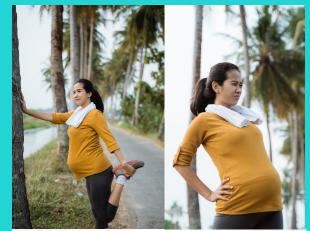
## Tips to Healthy Pregnancy:

EAT HEALTHY



- Helps your baby to develop and grow healthily.
- Eat a variety of different foods every day to get the right balance of nutrients that you and your baby needs.

### **EXERCISE**





- Helps improve your posture
- Help decrease some common discomforts such as backaches and fatigue.
- Helps relieve stress, and build more stamina needed for labor and delivery.

### Don't miss your Doctor's Appointment



Your doctor can follow your baby's growth and monitor you both for any health problems or risks that might develop, including risks to your physical and emotional health. If there's a problem, it can be picked up and treated early.