Maternal Health Awareness starts with you!

**Phases of Conception**

1. Preconception
2. Prenatal
3. Postpartum
4. Interconception

Maternal_Care_brochure.png
Maternal Health Components

The 6 Dimensions of Health & Wellness

- Mental & Cognitive
- Social & Relationship
- Financial & Security
- Physical
- Environmental
- Spiritual

YOU

[Diagram showing the interconnection of the dimensions around a central figure labeled 'YOU.']
How do we start the conversation on improving our health outcomes together?

1. **ASK THE QUESTION**
2. **CONNECT WITH THE COMMUNITY**
3. **FIND A RESOURCE, BE A RESOURCE**
Questions?

Contact me directly

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MELINATED moms