

CONCLUSION

MODULE 1

Pregnancy is a privileged moment filled with promises and changes. It can be a happy time but also a time of worry. It is a good time to begin a new, healthy lifestyle that will be beneficial for you, your baby, and your family.

The more information you have about your pregnancy, the more you will learn and the more self confidence you will have. You will be able to enjoy this special time and hold on to souvenirs that you will be able to share later with your child.

Take care of yourself. Let your close ones spoil you and share with them these precious moments of your pregnancy.

Enjoy a healthy pregnancy!

