

PREPARING FOR PREGNANCY

1st Monday of each Month

6.30pm – 8.00pm

The **Preparing for Pregnancy** class will highlight how both you and your partner can take steps to improve your health before pregnancy and includes information about: Healthy lifestyles; Nutrition; Immunisations and infections; Environmental factors; Medical conditions and medications; Identifying the best time in your monthly cycle to conceive. A tour of the maternity unit is included in the class.

Jill Shawe is a registered Nurse and Midwife with over thirty years' experience of working in the field of women's health care. Jill recognised early in her career that optimising health immediately before pregnancy was vital for the wellbeing of mothers and their babies and she has become a specialist in pre-pregnancy health and care. This developing field has also shown the importance of preconception health for men. Jill teaches and undertakes research in preconception care and is a qualified advanced fertility awareness practitioner.



This class is **FREE**, there is no need to book, **just turn up!** The class is held in the **Parentcraft room** at the back of the Antenatal Clinic, Level B, Royal Surrey County Hospital. For more information about this class or to find out dates then please visit the facebook page <https://www.facebook.com/royalsurreymaternity/> or email Julie Herbert on rsc-tr.antenatalclasses@nhs.net with your name, address and contact number or call: 01483 406725.