



# Planning a pregnancy?

## Did you know?

**Your baby's major organs start forming even *before* you know you are pregnant.**

### **Start Now:**

- Take folic acid *before* you are pregnant
- See your doctor for a pre-pregnancy check up
- Make healthy lifestyle choices as a couple

For more information call  
**258-2146 ext. 1350**  
[www.wechealthunit.org](http://www.wechealthunit.org)