



BE HEALTHY. BE SAFE. BE READY.

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For more information
about prenatal health, visit
<http://www.echominnesota.org/library/prenatal-health>

For a DVD of this
program email
info@echominnesota.org.

For more information about
ECHO activities contact:
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Prenatal Health

Being healthy while pregnant is the first step to having a healthy family. That's why it is important to focus on your health while you are pregnant.

To learn more about how have a healthy pregnancy and delivery watch ECHO Minnesota's new program, "Prenatal Health."

In this program, community members, experts, and ECHO hosts come together to share important information about the best way to care for babies and mothers during pregnancy.

This program will broadcast in four languages on **tpt's Minnesota Channel (tptMN)**:

Sunday, October 2:

Spanish 7:00 p.m.
Hmong 7:30 p.m.

Sunday, October 9:

Somali 7:00 p.m.
English 7:30 p.m.

This program is also available in four languages with English captions for the deaf and hard of hearing at
www.echominnesota.org.

