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# FREE YOUTH PRENATAL PROGRAM

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## REGISTRATION REQUIRED

Call Monica Place Waterloo at 519-743-0291 to register.

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**Wednesdays 10:30–11:30 a.m.**

Monica Place Waterloo  
231 Herbert Street, Waterloo

A program for pregnant youth ages 24 and under and their support people. Meet other pregnant women in a relaxed setting to talk about your pregnancy, your plans and your future.

### Learn about:

- having a healthy pregnancy
- preparing for parenting
- eating well during pregnancy
- preparing healthy meals
- community resources

**For more information contact Region of Waterloo  
Public Health at 519-575-4400 (TTY 519-575-4608)**

