



HEALTHY PREGNANCIES

Health and Wellness

Tip of the Week
Week 3
January 20, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

Pregnancy and Vaccinations

If you are planning to become pregnant, currently pregnant or just had a baby, make sure you are up to date on all vaccinations. Keep a record of all vaccinations you have had as well as what your baby has had. Talk with your doctor about what vaccines you and your baby need to stay healthy.

Source: Centers for Disease Control and Prevention

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