

LUNCH AND LEARN

The Well Mom: How to Stay Happy Postpartum



Wednesday, February 20, 12:00 pm - 1:00 pm

This presentation includes an overview of common maternal mental health issues such as postpartum depression and anxiety, their risk factors, and prevention methods. Focus is on self-care, building support systems, and seeking professional care when needed.



Speaker:
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Transforming Lives, Restoring Hope