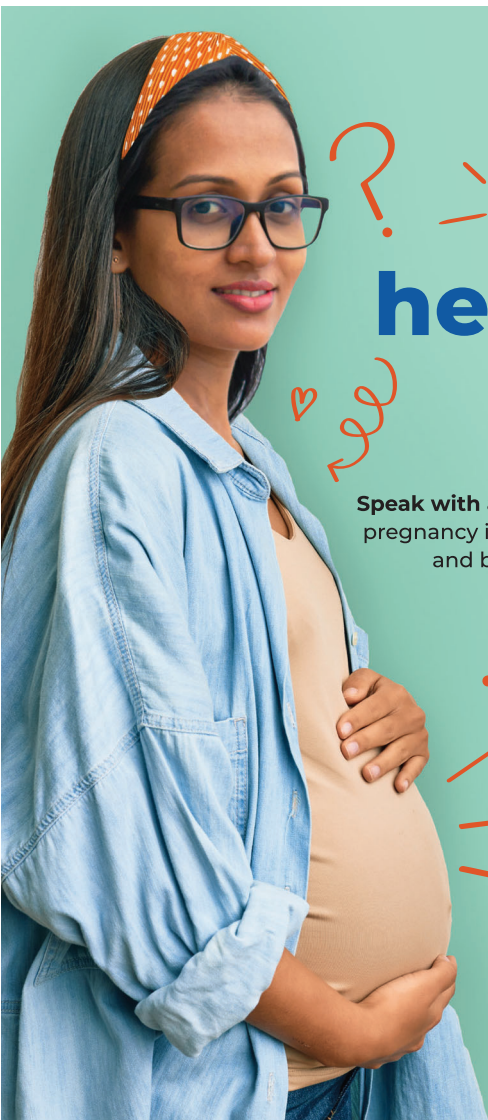


# healthy FROM THE start

PREGNANCY CONNECTIONS



? **get a  
healthy  
start**

Speak with a nurse to learn about pregnancy information, resources and breastfeeding support.



Call **1-855-868-7710** toll free  
Sign-up online at:  
**[interiorhealth.ca/pregnancy](https://interiorhealth.ca/pregnancy)**





## What to expect:

- A phone appointment with one of our nurses.
- During the call you will have 1:1 time to ask questions, learn about healthy pregnancy resources, how to access community programs, prenatal education and breastfeeding support.
- This is a confidential, free program.



*The nurse was kind and knowledgeable. Answered all my questions.*



*I felt safe to ask questions. The nurse was so patient and helpful.*



*I did not feel judged. Great experience.*



**Scan here** for **Baby's Best Chance**, Parent's Handbook of Pregnancy and Baby Care. Other languages available.



**Interior Health**  
Healthy From The Start

