

A. A HEALTHY BEGINNING

MODULE 1

A healthy pregnancy depends partially on prenatal care.

Good prenatal care begins with regular visits to your health care provider. If your health care provider cannot offer this care, he/she can tell you where this care is available. If you don't have a health care provider, inquire about services available in your area.

Eastern Ontario Health Unit 1 -800 -267-7120

Health Care Connect: <http://www.health.gov.on.ca/en/ms/healthcareconnect/public/>

The College of Physicians and Surgeons of Ontario: <http://www.cpso.on.ca/>

