**A person holding a baby

Description automatically generated with low confidence**

**[Insert Date and Time]**

Please join us to learn a little bit about birth spacing. The gathering will provide useful information and an opportunity to discuss the following topics with [insert audience]:

* What is birth spacing
* Why birth spacing matters for mom
* Why birth spacing matters for baby

**Why Birth Spacing Matters**

*If you or someone you know would like support with or more information around birth spacing, please call* ***[insert resource name & contact information].***

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.

This information is made available in part by support from the Maternal Health Network of San Bernardino County.

Published in 2022. To learn more about the MHN, please visit our website at [www.maternalhealthnetworksb.com](http://www.maternalhealthnetworksb.com).

**Insert Logo and/or Picture of Presenter**