**Maintaining Health Relationships After Delivery**

*Community Education Presentation*

**Presenter’s Agenda**

**Insert Date of Presentation**

**Insert Time of Presentation**

**Insert Location Information**

|  |  |  |
| --- | --- | --- |
| Timing | Topic | Description |
| 5 minutes | **Welcome, Introduction & Overview of Agenda** | * Introduce self, organization, and experience with topic
* Review the three key ideas that attendees will know at the end of the presentation
* Briefly review the agenda or timing
 |
| 12 minutes | **Presentation of Information** | * Provide information focusing on the three key ideas:
	+ Maintaining a healthy relationship with yourself.
	+ Maintaining a healthy relationship with your immediate support system.
	+ Maintaining a healthy relationship with your community.
 |
| 5 minutes | **Engagement Activity** | * **Think-Pair-Share**: Participants turn to a partner and reflect on a key question (e.g., what was the most important idea you learned during the presentation?)
* **Group Discussion:** Participants engage in a large group discussion about whether they learned something new today that may have been a surprise
* **Reflection:** Participants briefly consider who they would reach out to for support if they needed it
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| 5 minutes | **Questions** | * Participants pose questions and the presenter responds
 |
| 3 minutes  | **Closing** | * Presenter thanks the attendees and provides additional resources regarding the topic
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