**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 |
| 5 minutes | **Questions** | * Participants pose questions and the presenter responds |
| 3 minutes | **Closing** | * Presenter thanks the attendees and provides additional resources regarding the topic |

**Text

Description automatically generated**

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

Published in 2021. To learn more about the MHN, please visit our website at [www.maternalhealthnetworksb.com](http://www.maternalhealthnetworksb.com).