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**[Insert Date and Time]**

Please join us to learn a little bit about what you can expect after delivery. The gathering will provide useful information and an opportunity to discuss the following topics with [insert audience]:

* Changes in the birthing person’s body after delivery
* Emotional changes that may be experienced after deliver
* What to expect during postpartum care

**What to Expect After Delivery**

*If you or someone you know would like support with what to expect after delivery, please contact* ***[insert resource name & contact information].***

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

**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).