Maternal Health Awareness Day was established to raise awareness of maternal health, safety, and mortality issues. The number of women who die during pregnancy has continued to rise, despite recent advances in medicine. The “fourth” trimester is as equally important as the first three and can impact your overall mental health. Postpartum care and mental health should be addressed by a physician to help women transition into more routine care and follow-up services, if needed.

JOIN US TO LEARN MORE ABOUT MATERNAL HEALTH
Maternal Health Fair – The 1st, 2nd, 3rd and 4th Trimester
This event is designed to create awareness and improve communication between patients, healthcare providers, and family members on maternal health. Browse informative booths and speak with Reading Hospital experts on improving maternal health during pregnancy and the postpartum period.

When: January 23, 2020
Time: 9:30 a.m. to 2 p.m.
Where: Education Rooms C&D, Reading Hospital Free parking is available in the 5th Avenue Garage off of the 5th Avenue Entrance. Check in with security to sign in.

To learn more visit reading.towerhealth.org/1234trimester.
Registration is required.
To register, call 484-628-HELP (4357).