



MATERNAL WELLNESS PROGRAM

Program Overview

The Maternal Wellness Program supports women through pregnancy, postpartum, and early motherhood by addressing physical, mental, and emotional health. The program is rooted in public health principles and focuses on education, empowerment, and community support.

Program Goals

- Support healthy pregnancies and postpartum recovery
- Improve maternal mental health and stress management
- Increase access to reliable health education and resources
- Promote long-term wellness for mothers and families

What We Do

- Prenatal and postpartum fitness classes tailored to each stage
- Educational workshops on maternal health, nutrition, breastfeeding, and self-care
- Mental health check-ins and stress reduction activities
- Referrals to community resources and healthcare providers

Expected Outcomes

- Improved physical and emotional well-being for mothers
- Increased confidence in navigating pregnancy and motherhood
- Reduced maternal stress and isolation
- Healthier family environments and outcomes