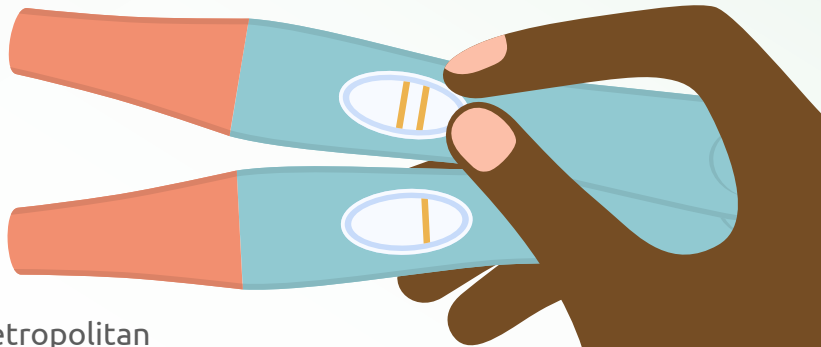


Think You're **PREGNANT?**

Get a **FREE**
Pregnancy
Test Kit!

CelebrateOne & Columbus Metropolitan Library have come together to provide you with a free pregnancy test kit. See staff to pick one up!

For resources and proof of pregnancy, call **CelebrateOne** at 614-570-3592.





CELEBRATE**ONE** COLUMBUS*

About CelebrateOne

CelebrateOne supports pregnant women and families with babies under the age of one. We connect moms-to-be with the care they need to have a healthy pregnancy and baby. Too many babies in Franklin County do not reach their first birthday. CelebrateOne is working hard to change this.

Let us help you navigate resources: 614-570-3592

I AM PREGNANT... WHAT DO I DO NOW?

Make an Appointment with Your Doctor

Contact your doctor to make your first prenatal appointment. If you need a doctor, call StepOne, 614-721-0009

Change Lifestyle Habits that Can Harm Your Baby

Avoiding drugs, alcohol and tobacco while pregnant will help you & your future baby stay healthy.

Eat a Healthy Diet

Eating a balanced diet of fruits and vegetables, carbohydrates, protein and dairy foods, along with cutting back on foods high in fat and sugar, will give you and your baby the right nutrients during pregnancy.

Rest & Relax When You Can

The first trimester can feel particularly exhausting due to all the hormonal changes, so take time to rest and relax.