




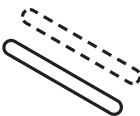



Healthy workers *space* their children!



How to have a **HEALTHY BABY** and a **HEALTHY FAMILY?**



- PLAN YOUR CHILDREN 3 YEARS APART
 - USE A MODERN FAMILY PLANNING METHOD OF YOUR CHOICE:
- | | | | | |
|---|---|---|--|---|
|  |  |  |  |  |
| CONDOM | PILL | INJECTABLE | IMPLANT | IUD |
- REMAIN WORRY FREE!



Talk to a health care provider you trust at your workplace or in your community

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