



Fathers can care for the health of their families!

?

*How can **MEN WORKERS** take care of their families?*

!

BE INVOLVED *from the start*

- **PLAN THE SIZE OF YOUR FAMILY WITH YOUR PARTNER**
- **SPACE PREGNANCIES FOR HEALTHIER MOM, BABY, AND FAMILY**
- **SUPPORT THE MOTHER DURING PREGNANCY**
- **ATTEND PRE-NATAL VISITS**

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

CALL: +00 123 456 789 - 00 · MAIL@HEALTHYWORKER.COM