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**What to Know**

**in Your First Trimester**

**[Insert Date and Time]**

Please join us to learn a little bit about what to know in your first trimester. The gathering will provide useful information and an opportunity to discuss the following topics with [insert audience]:

* How to get connected to a support system
* How to get educated about resources and supports
* How to advocate for yourself and your needs

*If you or someone you know would like support in their first trimester of pregnancy, please call* ***El Sol Neighborhood Educational Center at***

***909-884-3735.***

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.

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