

Thursday
April
14th

Register here:

[https://tinyurl.com/
2p9ezwkc](https://tinyurl.com/2p9ezwkc)

Or scan this QR code
to register:



Questions?

Contact Charlene
Hamilton at
chamilton@ucdavis.edu



The 4th Trimester: Caring for yourself and your newborn

Thursday, April 14th at 6pm-7:30pm

Join UC Davis Health and The Center at Sierra Health Foundation for this virtual community event to learn how to care for yourself and your newborn in the first three months after giving birth.

This is a community response to address Black pregnant women and birthing people, recognized as some of the most vulnerable, to help ensure they have more support throughout the pregnancy process.

Discussion topics

- Common health issues that can arise after giving birth
- What to expect from your healthcare team
- Making sure you get the care and support you need