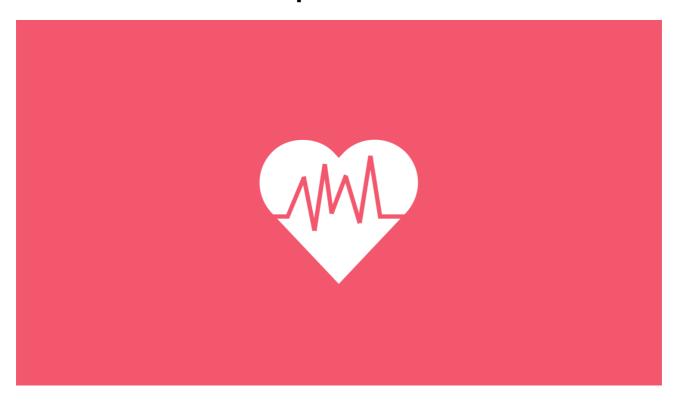
Pre-Conception CHECK LIST



Read a book
Test your fitness
Take your pills
Cleanse your body
Get maternity insurance
Medical check
Vaccinate
Interview oBs
Dental Work

Genetic screening