

# FOR A HEALTHY PREGNANCY, TAKE ONE **SMALL STEP**.

LETSGO.ORG



## MOVE MORE

There's no better  
time to be active

## EAT REAL

Fresh, natural foods  
help your baby grow



## DRINK WATER

It's the best choice  
for you and your baby

## REST UP

Make time for sleep  
and relaxation



MaineHealth  
**LET'S GO!**  
SMALL STEPS