



**Webinar:**

# Your Pregnancy and Postpartum Care Village

Building a strong care team and support system during pregnancy and postpartum can make a big impact on your physical, emotional, and mental well-being.

Join us for an empowering conversation featuring our expert panel including an OB-GYN, certified doula, lactation consultant, and mental health professional.

**What you'll learn:**

- Types of care available during pregnancy & postpartum
- How various specialists can support your journey
- Tips for physical recovery and emotional well-being
- How to build your personalized care village

## Wednesday, February 4, 2026 | 3:00 pm ET

**REGISTER TODAY**



Scan to register



**Can't make it?** Register for the webinar to receive the recording after the event. If you have any questions, please email [education@progyny.com](mailto:education@progyny.com).

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