

Pregnant? Concerned about weight? Have high blood pressure?



Join the **Change of HEART** research study!
This research study is designed to provide Black birthing people with nutrition and heart health education to support a joyful and healthy experience throughout your pregnancy, birth, & first year postpartum!

- You may be eligible if:**
- Over 18 years of age
 - Black or African American
 - Less than 7 months pregnant
 - Own a mobile phone

If assigned to approach 1 you will receive:

- Health coaching
- Blood pressure and body weight monitoring
- Tips/videos about physical activity and healthy eating goals

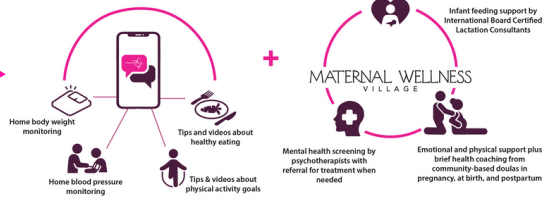


PARTICIPANTS WILL BE OFFERED THE FOLLOWING IN THESE TWO APPROACHES:

APPROACH NO. 1



APPROACH NO. 2



If assigned to approach 2 you will receive:

- Everything in approach 1
- Doula support
- Therapy consultation
- Lactation support



Meet the research team:
Philadelphia's Maternal Wellness Village & Temple's Program for Maternal Health Equity



For more info scan QR code, email or call/text us 484-532-3181



A PARTNERSHIP BETWEEN:

