



Family Care Center
UH HEALTH

MATERNAL HEALTH EDUCATION LUNCH & LEARN

SELF-CARE FOR MOMS: SUPPORTING HEALTH BEFORE, DURING, AND AFTER PREGNANCY



PRESENTER: UH HEALTH FAMILY CARE CENTER PROVIDER

Join UH Health Family Care Center for a free community session focused on maternal health and self-care before, during, and after pregnancy.

In recognition of National Health Center Week, learn about maternal wellness, available services, and community resources that support mothers and families.

Connect with a provider and explore programs including MOMRx and the Patient Navigator Program.

FREE LUNCH • RAFFLES & GIVEAWAYS • OPEN TO THE PUBLIC

Thursday, August 6, 2026
12:00 P.M. - 1:00 P.M.
Texans YMCA
5202 Griggs Rd.
Houston, TX 77021