



**It's great to wait**  
2 years to get pregnant again.

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to get pregnant again because it's best for your baby, your body and your family.



**It gives your body time to heal** and replenish the iron, vitamins and folic acid you need for another healthy pregnancy.



**It reduces the chances your next baby will be born too soon**, too small or with birth defects.



**It reduces the risk of complications** during pregnancy.



**It gives you time** to focus on your family – and saves money for things they want and need.

It's great to wait, so visit [www.CelebrateOne.info](http://www.CelebrateOne.info) to learn more about safe spacing between your babies – and to **find a free or low cost birth control option that's right for you.**

[www.CelebrateOne.info](http://www.CelebrateOne.info)



< [CELEBRATEONE.INFO](http://CELEBRATEONE.INFO) >