

## Early Bird

This is first antenatal appointment.

At this group session the midwife will give you information about how you can keep yourself fit and healthy throughout your pregnancy so that your baby is healthy too.

Also discussed are a number of topics such as exercise, feeding, blood tests, benefits available and also where you wish to have your baby.

You can choose to have your baby at home or at one of the four acute hospitals which are:

- Countess of Chester
- Liverpool Women's
- Warrington
- or Whiston.

[View details of our Early Bird Groups and workshops.](#)