



Eres más fuerte
de lo que piensas

✓ CHOICES IN
CHILDBIRTH

A stylized, flat-color illustration of a woman with long dark hair, wearing a brown top and an orange scarf, holding a baby in her arms. The baby is wearing a red top and a brown hat. The background is a solid light green color.

Yo soy poderosa

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tu cuerpo es
increíble

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Pedir ayuda es
una forma
increíble de
cuidado personal

**Sé tierno
contigo misma**

inhala **fu**erza
exhala estrés



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