

EXPECTANT PARENTS

Sign up for free today!



SmartMom is an evidence-based text messaging program that sends you information & links to resources for each week of your pregnancy

Text SmartMom to 12323
or visit
www.smartmomcanada.ca



@smartmomcanada



@smartmomcanada



@SmartMom_Canada

Standard message and data rates may apply. Enrolling in SmartMom is free, but depending on your mobile phone plan, your mobile phone service provider (carrier) may charge you to receive/send text messages or browse website links when not connected to WiFi.

SmartMom



fraserhealth
Better health. Best in health care



Interior Health
Every person matters



island health



northern health
the northern way of caring

Vancouver Coastal Health
Promoting wellness. Ensuring care.