

# Pre-Conception Care Class

**Objective:** To introduce couples to the lifestyle practices necessary for natural conception without relying on expensive medical interventions.

**Why is this important?:** In a world where infertility treatments are increasing, it is designed to prepare couples for natural conception. It addresses the growing challenges of infertility, provides holistic counseling and training to help them be physically and mentally prepared to conceive a healthy child. It fosters family unity and self-confidence.

**Unique Feature:** Emphasizes pre-conception preparation as the foundation for a healthy pregnancy. Counseling classes for conception are a wonderful effort to enhance the quality of the seed and the soil.

**Areas of Focus:**

**Daily Practices:** Guidance on daily habits to improve fertility.

**Exercises:** Exercises done before fertility are more important than pregnancy yoga. Helps prepare the body for conception.

**Dietary Methods:** Nutritional advice that supports conception.

**Mental Health:** Physical and mental health counseling to create emotional well-being and good harmony and compatibility between couples.

**Physical Deficiencies:** Solutions for physical challenges that may affect conception.

**Outcome:** Couples who participated in this class have followed these trainings and given birth to beautiful, healthy children.