

# HEALTHY BEGINNINGS FOR A STRONG START IN LIFE



Gold Coast Aboriginal  
& Torres Strait Islander  
Partnership Advisory  
Council



Aboriginal & Torres Strait  
Islander Community Welfare  
Division, Queensland Health



Having a healthy pregnancy =  
a healthy start to life.  
Pregnancy is a very exciting time,  
but it can also be quite stressful on  
our bodies and spirits. It is very  
important to look after ourselves  
and our bub by getting plenty of  
good food, gentle exercise and  
rest. Regular checks with a  
midwife/GP will give our bubs the  
best start in life and help them  
grow into healthy, fit and deadly  
jarjums.



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**KARULBO**  
ALL TOGETHER  
"Strong + Deadly  
Community Partnerships"



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