

Improving Women's Health and Reproductive Health Seminar

AOU- Egypt February- 24 2025



Educational Seminar entitled
(Improving Women's Health and Reproductive Health)

on Monday, February 24, 2025
at Prof.DR.Abdel Hai Ebid Hall
at 10 AM

Shorouk Youth Health Administration
Shorouk Central Hospital - Family Counseling







Agenda



- 1- Women and Their Importance in Society
- 2- Choosing a Life Partner
 - How to choose a life partner
 - The link between awareness level and choosing a life partner
 - Questions that help in choosing a life partner
 - Best ways to interact with a life partner
- 3-Planning for marriage and how to handle problems
 - Types of planning
 - How to deal with expected family problems
 - The Impact of perspectives, behaviors and ways of handling relationships
- 4- Family Planning: Benefits and Methods
- 5- The First 1,000 Golden Days in a Child's Life
 - Pregnancy and Birth
 - Breastfeeding
 - Proper nutrition for the child, growth and development
- 6-Positive Parenting
- 7-Types of Multiple Intelligence's in children



