

# Are You Fat and Pregnant?

1/7

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# ***Facing Weight Bias in Maternity Care?***

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2/7



# Overcoming misinformation and judgment. . .

Have you encountered outdated stereotypes or fear-driven narratives about plus-size pregnancies? These misconceptions can hinder your confidence and decision-making.

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# Empowering your pregnancy journey...

Imagine having the tools to advocate for yourself, make informed decisions, and build a supportive healthcare team.

***How would that transform your pregnancy experience?***

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# Introducing Liberate Your Fat Birth

We've created solutions to help you overcome these obstacles with confidence and support.

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5/7



## What's included in the course?

- 8 Empowering Modules
- Engaging Learning Modalities
- Monthly Community Calls
- Direct Access to Experts
- Lifetime Access

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## Join a supportive community

By enrolling, you're not just taking a course—you're joining a movement toward a more compassionate, informed, and affirming birth experience.

***Connect with others who understand your journey and are here to support you.***

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*bit.ly/liberatefatbirth*

**B I G  F A T**  
P R E G N A N C Y



**B I G O F A T**  
P R E G N A N C Y