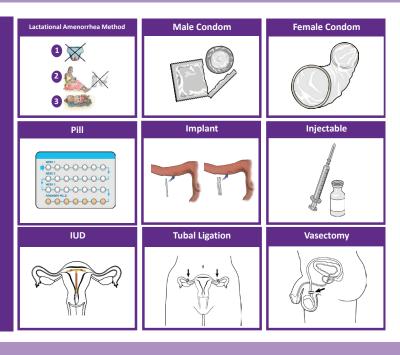
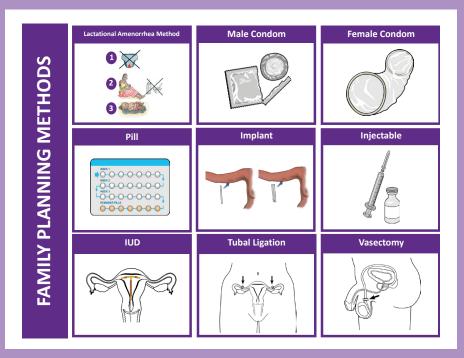
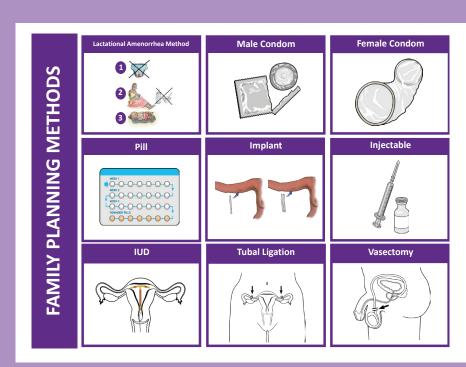
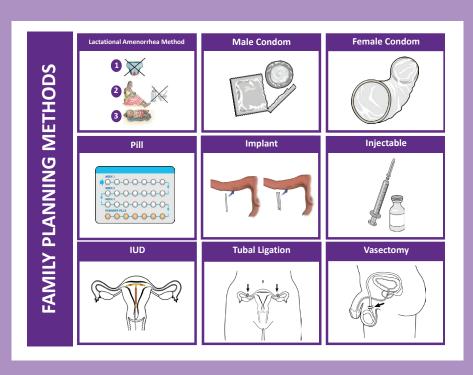
FAMILY PLANNING METHODS









Family Planning Methods

- Family planning methods are a safe and healthy way to space children and prevent pregnancies.
- Each family planning method works differently. If you want to use a family planning method, you can learn about each method and decide which is best for you.
- You can visit a VHT member or health center to learn more about family planning methods.
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