



# Family planning: **By choice not chance!**

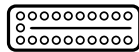
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What is the **MOST EFFECTIVE** way to

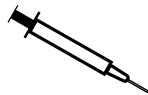
- PLAN YOUR FAMILY
- PREVENT UNWANTED PREGNANCIES
- AVOID UNSAFE ABORTIONS

!

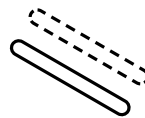
Women workers use **MODERN** hormonal family planning!



PILL



INJECTABLE



IMPLANT



IUD

Talk to a health care provider you trust at  
your workplace or in your community

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