

# Be Beautiful



Today's Nigerian woman is stylish, industrious, and beautiful!  
She brings beauty into the home.  
She manages her family and life with pride.  
***She plans her family.***



**Know** the Facts  
About Family Planning



**Talk** to your Partner  
About Family Planning



**Go** for  
Family Planning



Get it together  
**KNOW. TALK. GO.**

**NURHI**  
NIGERIAN URBAN REPRODUCTIVE  
HEALTH INITIATIVE

# *Be Beautiful*

## *Plan your family*

**B**e your beautiful self! – Regain your pre-pregnancy figure and energy.

**E**asy return to fertility once you stop using your family planning method.

**A**chieve your dreams – Start a business, attend mosque/church, or social clubs.

**U**ltimate peace of mind – Plan for your household and your children's education.

**T**ry it! There are many choices – Safe, effective, and easy to get.

**I**mprove intimacy – You're free to be spontaneous with the love of your life!

**F**amily life – Make more time for each child, for work, and for yourself.

**U**nderstand one another – Talk to your partner, plan your future together.

**L**ove your life – Live it to the fullest.