**Awareness seminar on pregnancy and women's health at Yeşim Group**

**Yeşim Group raised awareness on women's health and pregnancy with the “Conscious Women, Healthy Future” seminar organized in cooperation with Medicana Bursa Hospital within the scope of the “Affection Support to Life” project, which was implemented to contribute to the work-life balance of its employees.**

Yeşim Group organized another meaningful event within the framework of the “Affection Support to Life” project, which was realized in order to contribute to the work-life balance of its employees by prioritizing social benefit and to raise awareness in the public. Organized in cooperation with Medicana Bursa Hospital, the “Conscious Woman, Healthy Future” seminar was held at the Grand Conference Hall with intense participation. In the seminar focusing on the pregnancy process and women's health, Medicana Bursa Hospital Gynecology and Obstetrics Specialist Op. Dr. Tuğberk Güçlü shared his knowledge and experiences with the participants.

Pointing out that pregnancy is a critical period for both mother and baby, Op. Dr. Tuğberk Güçlü said, “Pregnancy is a special process in which the mother's physical and mental health is restructured. In this period, regular doctor controls, ultrasound follow-ups, necessary tests, folic acid, iron supplements and other vitamin supplements that should be taken before and during pregnancy are vital for the health of both mother and baby. In addition, the mother's implementation of a proper nutrition plan, targeting ideal weight gain, regular exercise and stress management help maintain her energy levels and support the healthy development of the baby, while supporting both baby’s physical and mental health.

Referring to the impact of women's health on overall quality of life, Güçlü said, “Women's health is a factor that affects not only the quality of life of the individual, but also the well-being of the family and society. Regular gynecological controls play an important role in the early diagnosis of diseases such as breast cancer and cervical cancer. The HPV vaccine against cervical cancer is of great importance and awareness should be raised in our society. In addition, regular follow-up of the menstrual cycle, stress management and proper eating habits are critical for a healthy reproductive system.”

Yeşim Group's “Affection Support to Life” project supports the work-life balance of its employees while raising awareness about their health needs. On the other hand, it creates an important awareness for strengthening both physical and mental health with the projects it realizes with its socially sensitive and employee-oriented approach.