

Staying Healthy During Pregnancy

(Formerly: What to Expect When Expecting)

- Influence of diet and exercise on baby's development
- Learn about foods you should avoid, be cautious about, & essential nutrients
- How to reduce discomforts
- Ask questions about common pregnancy concerns!

The focus of this 2-hour program is to provide moms-to-be with information that optimizes their health as well as insight into various issues related to prenatal, early postpartum, & infant care.

The program is NOT a substitute for a childbirth education course.

This session is conducted by our Dietitian and Health Educator.

DATE: September 17th, 2019

TIME: 6:00PM-8:00PM

LOCATION: 60 Gillingham Dr., Suite 200 ([HERE](#))

Call 905-456-7111 to register for this *FREE* workshop

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