



PRENATAL NUTRITION: GROWING A HEALTHY MOM & BABY

The influence of good nutrition is often underestimated in pregnancy.

Are you interested in knowing how better nutrition can support a healthy pregnancy and the well being of your family? This course will focus on the importance of ensuring moms are getting the nutrition they require. We will cover nutrition fundamentals, meal structures and plans, super foods, therapeutic foods, caution foods and food politics.

Good nutrition can:

- Support a low risk pregnancy
- Grow a vital & strong baby
- Help to balance physical & emotional stress
- Maintain hormonal balance
- Provide plentiful energy
- Support strong immunity
- Maintain stable long-term health
- Lead as an example for self-care & love

WHEN: Saturday, September 20th, 7-9pm

WHERE: Pomegranate Community Midwives 2647 East Hastings (at Slocan)

COST: \$50 per person (partners \$25)

Workshop leader, Stephenie Hodges is Nutritionist Pomegranate Community Midwives. She conducts nutrition workshops and private consultations with a focus on long term family health. To learn more visit www.vitalisnutrition.com.