



# Healthy Eating for Pregnancy

## FREE Virtual Nutrition Class

For pregnant people at any stage in their pregnancy, and their support person

AHS Registered Dietitians will share nutrition information and answer your questions on:

- Eating well for pregnancy
- Important nutrients
- Meal and snack ideas
- Choosing a multivitamin
- Weight gain
- Eating safely during pregnancy

How to Register:

- [www.birthandbabies.com](http://www.birthandbabies.com)
- 403-955-1450

Classes are offered monthly on Zoom

