



# Healthy Eating for Pregnancy

## FREE Virtual Nutrition Class

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

Registered Dietitians will share information and answer your questions on:

- Eating well for pregnancy
- Important nutrients and how to include them in meals and snacks
- Meal planning tips
- Food safety
- Choosing a multivitamin
- Weight gain

How to Register:

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

Classes are offered monthly on Zoom

