

Central Zone Prenatal Education



Prenatal Nutrition Class

Starting Off Healthy

Led by a Registered Dietitian, this class will provide valuable nutrition information and strategies, such as:

- Foods and nutrients needed for pregnancy
- Normal and healthy weight gain
- A food demonstration and tasting
- Support in managing pregnancy discomforts

Dates: Oct. 24th Nov. 28th

Time: 10:00-11:00 a.m.

Location: Camrose PCN Prenatal Clinic

For more information and to register, call:

Central Zone Prenatal Education
1-855-554-4774



or
Camrose PCN Prenatal Clinic
(780) 608-4927



Public Health



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