

Nutrition Services
Population & Public Health – Edmonton Zone



Better Bites to a Healthy Pregnancy

Are you expecting a baby? Do you want to know...

- What's best to eat and avoid during pregnancy?
- How to manage nausea, heartburn, constipation?
- Some quick, tasty recipes?

This FREE class, led by a Registered Dietitian, is for you!

**Sherwood Park
Strathcona County Health Centre:**

Thursday, Aug 15, 2019 @ 7 - 8:30 PM

➤ REGISTER:

[CLICK HERE](#) OR Call: 780-342-2891

**Edmonton
Northeast Community Health Centre:**

Wednesday, Aug 28, 2019 @ 7 - 8:30 PM

➤ REGISTER:

[CLICK HERE](#) OR Call: 780-342-2891