



***Upcoming Educational Session***

## ***Keeping Healthy During Pregnancy***

**Friday, May 16th**

**2pm to 3pm**

**Via Zoom**

This presentation will cover simple and easy tips to help you stay healthy during pregnancy. We'll talk about the importance of nutritious food, staying active, resting, and taking care of your mental health. Come join us as we learn how to keep you and your baby healthy and strong throughout pregnancy.

**Scan the QR or click the link to register:**

**[https://us06web.zoom.us/meeting/register/2EHQ5\\_MtSW6DdPWsuTdfLQ](https://us06web.zoom.us/meeting/register/2EHQ5_MtSW6DdPWsuTdfLQ)**

