

# Healthy Eating for Pregnancy

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## What can I expect to learn?

Join AHS dietitians for an interactive session on nutrition in pregnancy. You will learn about:

- Benefits of eating well
- Healthy eating
- Eating safely
- Supplements
- Weight gain
- Meal planning
- And more!

## How is this class being offered?

- Over Zoom®

## How long is the class?

- 1.5 hours

## Does it cost to attend?

- It's free!

## Who can register for this class?

- This virtual prenatal nutrition class is for pregnant people at any stage in their pregnancy, as well as their support person.

## How can I register for this class?

- Online: [BirthandBabies.com](https://www.birthandbabies.com)
- By phone: 403-955-1450 (in Calgary) or 1-866-471-7011 (toll-free)
  - Monday to Friday from 8 a.m.–4 p.m.

## Questions about the class?

- Email: [PublicHealthNutrition.CalgaryZone@AHS.ca](mailto:PublicHealthNutrition.CalgaryZone@AHS.ca)



Health Link has dietitians to answer nutrition questions.  
Call 811 and ask to talk to a dietitian.