Healthy Eating in Pregnancy

Join Nutrition Services Registered Dietitians for a free online nutrition class about healthy eating in pregnancy.

You will learn about:

- Benefits of eating well
- Important nutrients
- Multivitamin
- Pregnancy weight gain
- Food safety while pregnant
- Managing nausea/ constipation/ heartburn

These classes are open to pregnant people who live in Alberta. You can be at any stage of pregnancy and are welcome to bring a support person. Each session will cover the same material, and you only need to attend one. Register for the date and time that works best for you. Find resources here Nutrition for Pregnancy & Lactation | Alberta Health Services

Date	Time	How to Register
Tues. Sept. 15, 2026	6:30 – 8:00 p.m.	Register online or call 1-866-471-7011 Hosted by Calgary Zone
Thur. Sept. 24, 2026	12:00 – 1:00 p.m.	Register online or call 780-342-2891 Hosted by Edmonton Zone
Tues. Oct. 20, 2026	6:30 – 8:00 p.m.	Register online or call 1-866-471-7011 Hosted by Calgary Zone
Tues. Nov. 17, 2026	6:30 – 8:00 p.m.	Register online or call 1-866-471-7011 Hosted by Calgary Zone
Thur. Nov. 19, 2026	12:00 – 1:00 p.m.	Register online or call 780-342-2891 Hosted by Edmonton Zone
Tues. Dec. 1, 2026	6:30 – 8:00 p.m.	Register online or call 1-866-471-7011 Hosted by Calgary Zone

Online classes are on Zoom® and participants should have access to:

- A computer, tablet, smartphone, or phone
  - Visit Joining a Zoom Meeting for more information
- An internet connection
- A private space in Alberta while attending the class

Date updated: August 26, 2026

Nutrition Services
Essential partners in health