

# **PREGNANCY NUTRITION**

**PRESENTED BY  
GENESIS**



**Start your healthy habit for  
you & your baby!**

**For pre-natal clients in 1st,  
2nd, and 3rd trimester of  
pregnancy**

**VIRTUAL CLASS ON WEBEX  
NOVEMBER 17TH & 24TH,  
2021**

**WEDNESDAY AT 2 P.M.**

**ONE HOUR CLASS OF  
NUTRITION TO PROMOTE A POSITIVE  
WELL-BEING FOR YOU AND YOUR BABY**

**Prenatal participants will receive  
educational tools including:**

- **Pregnancy pillow**
- **Cook book**
- **Pregnancy journal...and much more!**

**Must be a member of a federally recognized  
tribe, having tribal ID or CDIB**

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