

PREGNANCY NUTRITION

PRESENTED BY
GENESIS



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

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

**VIRTUAL CLASS ON WEBEX
MARCH 15, 2022**

TUESDAY 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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