

# **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**

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

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

**VIRTUAL CLASS ON WEBEX  
FEBRUARY 7TH, TUESDAY AT 2 P.M.  
ONE HOUR CLASS OF  
NUTRITION TO PROMOTE A POSITIVE  
WELL-BEING FOR YOU AND  
YOUR BABY**

**OFFICE:  
157 S. BLUE BIRD  
SACATON, AZ 85147**

**Must be a member of a federally recognized  
tribe**

**Must have tribal ID or CDIB**

**To enroll for class, either email or call at the  
following:**

**Phone: 520-562-1237**

**Email: [tyra.phillips@gric.nsn.us](mailto:tyra.phillips@gric.nsn.us)**