

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
DECEMBER 5TH, TUESDAY AT 2 P.M.
ONE HOUR CLASS OF
NUTRITION TO PROMOTE A POSITIVE
WELL-BEING FOR YOU AND
YOUR BABY**

**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

OFFICE:

**157 S. BLUE BIRD RD. BUILDING #2
SACATON, AZ 85147**