

# Staying Healthy During Pregnancy and Beyond



**When:  
March 11th**

**Time: 5:30 pm**

**Cost : \$15.00**

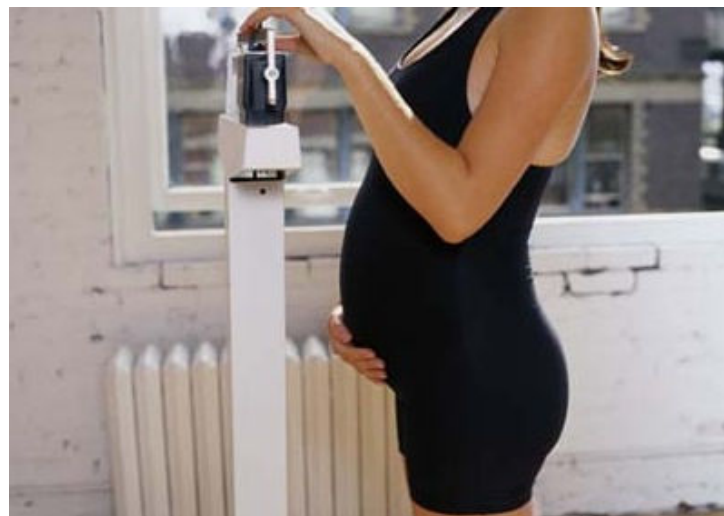
**RSVP:  
540.381.2670**

**Instructor:  
Tricia Foley, MS, RD.  
The Weigh Station's  
Registered Dietitian  
and expecting Mom  
to be.**



## **Congratulations You're Pregnant!**

**Now is not the time to start dieting but is the time to learn healthy eating habits to nourish you and your little one. Join us for Staying Healthy During Pregnancy and Beyond!**



### **Learn:**

- Nutrient needs during pregnancy
- How to plan balanced meals
- How to avoid unnecessary weight gain during your first trimester and beyond.
- How needs change through out your pregnancy and after the baby is born.
- How to cope with morning sickness
- Recipe ideas