

# Cooking Your Way to Wellness in Pregnancy

Need help with meal planning and preparation? Cooking Your Way to Wellness in Pregnancy is an interactive virtual class designed to provide you with the hands-on experience to create healthy eating habits during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week. Open to Alberta residents only.



**When:** View registration website for dates and times

**Where:** Online (Internet access required)

**Cost:** Free

**Register:** [www.birthandbabies.com](http://www.birthandbabies.com)

**Other:** You will be provided a grocery list, equipment list and the recipes ahead of time. You will need to obtain the groceries and have your space set up (some advance prep may be required) and ready to go in time for the cook-along.

Program provider: SHC Registered Dietitians

**Wellness Centre | South Health Campus**

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