

## Nutrition for New Moms

If you've had a baby recently, this class is for you! Learn how to use food to boost your energy levels, how to lose the "baby weight" in a healthy and sustainable way, and what to eat (and not eat) when breastfeeding.



- When:** This class has a variety of dates and times available, visit the registration website for details. Classes are 1.5 hours.
- Where:** Online (Internet access required)
- Cost:** Free
- Register:** [www.birthandbabies.com](http://www.birthandbabies.com)

Program provider: SHC Registered Dietitian

For additional programs and services use your smart device camera and scan the code:



**Wellness Centre | South Health Campus**  
4448 Front Street SE | Calgary, AB T3M 1M4  
[wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)  
[www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)