

Free discussion on:

Nutrition in Pregnancy



Adequate and appropriate nutrition is essential for nourishing your body, your baby and preventing many preventable problems during your pregnancy, labor, birth and immediate postpartum. Learn how a good pregnancy diet can provide all the essential nutrients and insure they are supplied in adequate amounts and are being properly utilized.

The Speaking Panel Includes:

- Victoria Markham
Personal Chef
- Rhione Zeixchel
LDM

Monday, November 7

7:00-9:00pm

Co-op Community Classroom

300 North Pioneer Street

This free event is sponsored by

Southern Oregon Birth Connections

and Hosted by the Ashland Food Co-op