

Nutrition and Pregnancy



Yippee! You are pregnant and you may feel so happy, excited, nauseated and tired.

You want to eat the best for your baby's growth and development as well as your own health. However, there is a lot of confusing nutrition information out there. We will clear up any misconceptions about nutrition for pregnancy. Give you some practical and quick ideas for some healthy balanced meal and snack options. Discuss concerns about weight gain and ways to help nausea and fatigue.

Please join Stephanie Brooks, MS, RD, a nationally recognized nutrition therapist and consultant, founder of Bay Area Nutrition, LLC, and mother of two. Stephanie specializes in pediatric nutrition, childhood feeding issues and disordered eating.

Date to be announced

Time to be announced!

Tiny Tots Baby Boutique

138 Railway Ave, Campbell, Ca 95008

\$35 (\$60 per couple)

**For more info go to:
www.Bayareanutrition.com or
www.tinytots.com**

To register call tiny tots at 408-866-2925



Bay Area Nutrition

"Optimizing Health Through Nutrition"

TINY TOTS
BABY BOUTIQUE
COMPLETE COVERAGE