

**Join us for a new course offering at Bloom OB/GYN!**

## *Nutrition in Pregnancy: The Do's and Don'ts to Feeling Great and Staying Healthy*

Presented by:

**BLOOM**  **THRIVE**

&

**KARA KOCHAN**  
*wellness*

Are you worried about managing your weight while pregnant? Want advice about eating on the go, quick fix meals, or handling pregnancy cravings and symptoms? Or do you simply want to know which foods promote your baby's growth and development and which foods you should avoid?

Through our Nutrition in Pregnancy course, you will learn how to safely fuel your body and grow a healthy baby! You will leave the class with a better understanding of the importance of food during pregnancy, as well as tips and recipes to make your nutrition a productive part of your health plan.

This class is open to the general public and to women in all stages of pregnancy or pregnancy-planning.

**Monday, July 17<sup>th</sup>, 2017**

**6:00 -7:30 pm**

**Bloom OB/GYN**

**4001 Brandywine St. NW Suite 300**

**Washington, D.C. 20016**

**COST: \$50 per person (\$60 per couple)**

**RSVP: [events@bloom-obgyn.com](mailto:events@bloom-obgyn.com)**