

# Cooking Your Way to Wellness in Pregnancy

Health Management  
Food, Nutrition & Cooking



## SHC Wellness Centre Program Guide



### Cooking Your Way to Wellness in Pregnancy (Cook Along)

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.

*Please note: 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 and ready to go in time for the cook-along (some advanced prep is required).*

**When:** Wednesday, April 6 6:30pm–8:00pm  
Wednesday, June 22 6:30pm–8:00pm

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

**Program Provider:** SHC Registered Dietitians and the Wellness Kitchen in partnership with Birth & Babies



For more information  
visit [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)  
or email: [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)