

Free Virtual Prenatal Nutrition Classes

Learn tips for staying healthy and fit during pregnancy from the comfort and safety of home. Connect live with other expecting parents and a trained nutrition educator.

You will learn:

- Healthy eating for mom and baby
- Importance of physical activity
- Food Safety during pregnancy
- Tips for common discomforts, relaxation and more

Date:

Time:

Contact:



Visit efnep.tamu.edu/classoptions



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