



NUTRITION & EXERCISE DURING PREGNANCY

EXPERT-LED WORKSHOPS

Come along to hear university qualified advice on:

- Eating well during pregnancy, when and what you need.
- The benefits of exercise during pregnancy and managing the common discomforts of pregnancy through safe effective exercise.
- Ask the experts Q&A

Registrations close | August 14th 2018

TO REGISTER

Phone | (02) 4448 2255 or

Email | info@gphnowra.org.au

This workshop to
be offered:

15th August

17th October

5th December

4:00pm - 5:00pm

ONLY \$10

**ACCREDITED
PRACTISING
DIETITIAN**

**ACCREDITED
EXERCISE
PHYSIOLOGIST**