

What Interests You?

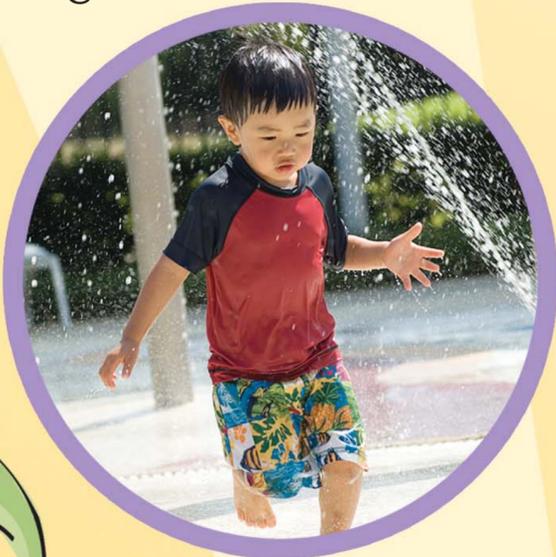
Feel free to bring up any nutrition or health related topic that interests you. Here are a few to consider.



getting in shape



baby's first foods



active play



mealtimes



discomforts during pregnancy



health care information



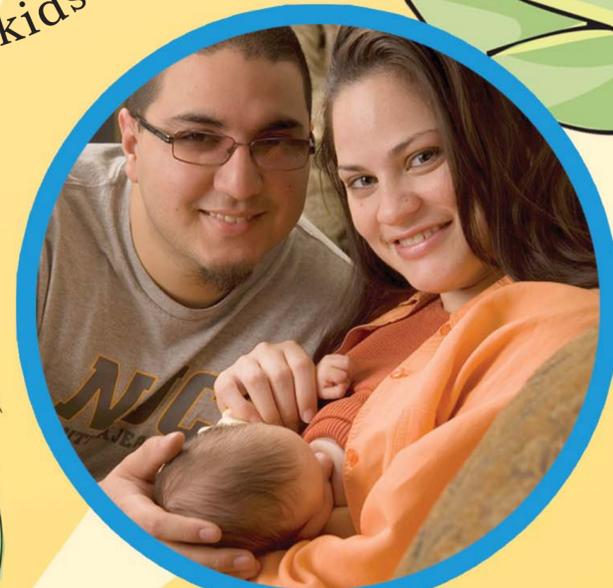
healthy weight during pregnancy



drinks for kids



easy snacks & recipes



breastfeeding

I would rather talk about...