



Rideau

Family Health Team

- LIVE VIRTUAL EDUCATION SESSION -
NOURISHING YOUR BODY AND MIND

Nutrition and Wellbeing in Pregnancy

“How can I best care for myself and my baby?”

“Which nutrients are important for healthy development?”

“I feel so overwhelmed, how do I cope?”

Have your questions answered by our Registered Dietitian and Mental Health Team

Register by calling
613-526-1906

or
email

info@rideaufht.ca

