

From Bump to Baby

Nourish Your Journey



Join our **free** three-part nutrition series designed to help you nourish your body, support healthy weight gain, and promote a healthy pregnancy and postpartum recovery.

Attend one class or join us for all three!

1

Prepare & Nourish
Before Pregnancy

Thursday @ 5:30pm
10/8 • 11/5 • 12/3

2

Eat Well for Two
During Pregnancy

Thursday @ 5:30pm
10/15 • 11/12 • 12/10

3

Nourish & Recover
After Baby Arrives

Thursday @ 11:00am
10/22 • 11/19 • 12/17

Free Classes
Healthy recipes
and
snacks provided!



Location:
Library Conference Room
Memorial Building
Charlotte Hungerford Hospital

Everyone Welcome
Partners, parents
and family members
can attend

Scan to Register



Questions??

Contact Carla Angevine

✉ Carla.Angevine@hhchealth.org

**Hartford
HealthCare**
Charlotte Hungerford
Hospital

HEALTHY FAMILIES | STRONGER TOMORROWS