



Weight Management for Pregnant Mommas

Program includes 2 classes. Please call for schedule.

Center for Nutrition and Diabetes Management
9100 Wescott Drive, Suite 102
Flemington, NJ 08822

With completion of both classes receive your choice of a \$35 coupon towards Lamaze at HMC or \$20 Shoprite gift card sponsored by the Central NJ Maternal Child Health Consortium.

A Registered Dietitian will discuss information on:

- ✿ Starting pregnancy with extra pounds? What you should do.
- ✿ Eating for two? How many calories you really need.
- ✿ Portions distorted? How to plan your plate.
- ✿ Confused in the grocery store? How to decipher labels.
- ✿ Busy? How to plan quick, healthy, pregnancy friendly meals.
- ✿ After the baby, then what? Post pregnancy weight loss tips.

And more...

Preregistration is required, please call 908-237-6920.

A \$50 fee is due at the first class.

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