

Cooking Your Way to Wellness in Pregnancy: Cook Along

What can I expect to learn?

This interactive virtual class is designed to provide you with the hands-on experience to create healthy eating habits during your pregnancy.

Learn about nutrition for pregnancy while preparing dishes* to stock your fridge for the week.

*You will be given a grocery list, equipment list, and the recipes ahead of time.

How is this class being offered?

- Over Zoom®

How long is the class?

- 1.5 hours

Does it cost to attend?

- It's free!

Who can register for this class?

- This virtual cook along is for any person who is pregnant in Alberta interested in learning nutrition for pregnancy and healthy cooking skills.

How can I register for this class?

- Registration details are found within the [SHC Wellness Centre Program Guide](#).

Questions about the class?

- Email: wellness.shc@ahs.ca



Health Link has dietitians to answer nutrition questions.
Call 811 and ask to talk to a dietitian.