

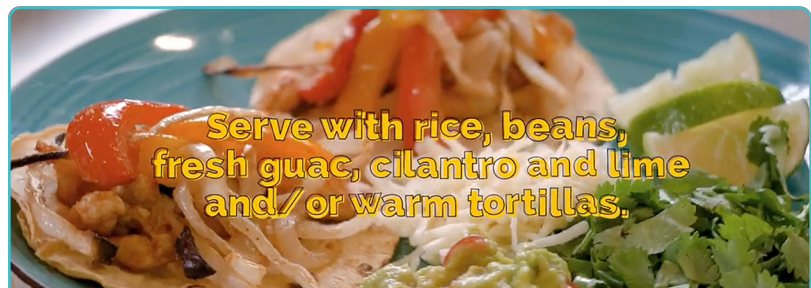


HEALTHY EATING FOR YOU AND YOUR BABY VIDEO SERIES



NURTURED AND NOURISHED 10-VIDEO SERIES

Discover easy ways to prepare nutritious meals, stay hydrated and build healthy lifestyle habits that nourish both you and your baby. Whether you're expecting, or caring for a little one, these videos cover a variety of perinatal topics to help you feel confident in making healthy choices and build the foundation for healthy eating.



Scan the QR code or visit
<https://pres.support/Nutrition>
to visit the YouTube playlist of all 10 videos.



For more information and to learn about free virtual or in-person classes, visit the Presbyterian Community Health website at prescommhealthclasses.com.

If you have any questions, please contact the Wellness Connection Center at chwellnessreferrals@phs.org, (505) 923-5963 or toll free at 1-888-320-1762.

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