



Living well during pregnancy

Personal dietitian care

Living Well during Pregnancy is a healthy lifestyle program exclusively for mums having their baby at the Royal Brisbane and Women's Hospital.

Is this program for you?

- Do you want personalised support to develop health enabling behaviours for your pregnancy and beyond?
- Do you want to learn more about nutrition in pregnancy and how you can reduce your risk of pregnancy related complications?

If you answered **YES**, our program is for **YOU!**

Our program provides practical guidance on nutrition, healthy weight gain and physical activity to support you to achieve your healthiest pregnancy possible.

SCAN the QR code to visit our website for more information or contact RBWH Maternity Outpatients (07) 3646 7182, or email LivingWellDuringPregnancy@health.qld.gov.au

Join now instantly online at tinyurl.com/rbwhlivingwell or ask your GP or midwife for a referral.

Our program

- ✓ Get a personal RBWH dietitian to support you through pregnancy
- ✓ Flexible phone or telehealth appointments
- ✓ Access to online digital resources
- ✓ Tailored support, motivation & advice on:
 - Eating well & meal planning
 - Physical activity & keeping active
 - Goal setting & tracking tools

