



# NURTURE YOUR BUMP

*Building blocks for a healthy pregnancy*



Metro North Hospital and Health Service *Putting people first*

## Pregnant & wondering...

- ? How much more food do I really need?
- ? Which cheeses are safe to eat?
- ? Should I be taking a multivitamin?
- ? Which heartburn & morning sickness remedies actually work?
- ? How do I stay active?

Let us answer all your questions at our antenatal group nutrition workshop – Nurture Your Bump.

- ✓ 2-hour one-stop workshop
- ✓ Run by experienced maternity dietitian
- ✓ Receive our Pregnancy Guide & Workbook
- ✓ Set goals to achieve a healthy pregnancy



SCAN TO FIND  
OUR WEBSITE

### Book now, it's easy!

- We offer face-to-face groups or virtual groups using telehealth.

Self-register online at [tinyurl.com/rbwhlivingwell](https://tinyurl.com/rbwhlivingwell)  
Or call RBWH Maternity Outpatients to register on **(07) 3646 7182**