



## JOIN OUR **HEALTHY PREGNANCY PROGRAM**

Are you concerned about weight gain during pregnancy? Join our Healthy Pregnancy Program.

As a participant in this program, you will learn more about:

- Planning healthy meals and snacks for yourself and your family
- Identifying tools to help you track your weight and avoid gaining too much
- Exercising during pregnancy
- Setting and achieving your diet, exercise, and weight gain goals
- As a participant, you will also have the opportunity to check in weekly with a registered dietitian.

The Healthy Pregnancy Program is based on a Kaiser Permanente research study. The study found that women who participated in a similar program during pregnancy were less likely to gain too much weight and to have a baby who was too big than those who opted out of the program.

### How to register:

For more information or to register, please call **503-286-6816** or **1-866-301-3866** (toll free), option 2.