



## Children's now offers Pre-Natal Fitness and Wellness Classes!

First of all Congratulations! Whether this is your first child or fifth, we want to help you make your pregnancy as easy and healthy as possible! Join our Pre and Post Natal Certified Personal Trainer Reggie Green for a 30 minute fitness class, then stay for a snack and free Pre-Natal Nutrition advice from our Employee Wellness RD Amanda Wooden! Register early to save a spot. Email [Strong4Life@choa.org](mailto:Strong4Life@choa.org) with the subject line "Pre-Natal". Class options are below!

- **Egleston~ TBA**
- **Scottish Rite~ TBA**
- **The Office Park~ TBA**

