



**Attend a wellness webinar to discover ways to stay healthy in both mind and body during pregnancy.**

**The first step to having a healthy baby is having a healthy pregnancy.** In this 2-part webinar series you will discover a holistic approach to staying healthy in both mind and body before, during, and after pregnancy. You will also be invited to create a realistic action plan to take steps toward staying healthy in both mind and body while pregnant.

**Healthy Mom, Healthy Baby  
(Part 1: Nutrition and Exercise)  
November 5, 2025 | 3:00 - 4:00pm**

**Healthy Mom, Healthy Baby  
(Part 2: Mental Wellness)  
November 12, 2025 | 3:00 - 4:00pm**

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