

PREGNANCY NUTRITION

PRESENTED BY
GENESIS



**Start your healthy habit for
you & your baby!**

**For pre-natal clients up to
28 weeks of pregnancy**

**Prenatal participants will receive
educational tools including:**

- **Pregnancy pillow**
- **Cook book**
- **Belly balm, belly supporter, and more**

**IN-PERSON EVENT
TUESDAY, MARCH 18TH AT 6 P.M.
ONE HOUR CLASS OF
NUTRITION TO PROMOTE A
POSITIVE WELL-BEING FOR YOU
AND YOUR BABY**

**LOCATION:
157 S. BLUE BIRD RD.
BUILDING #2 (new building)
SACATON, AZ 85147**

**Must be a member of a federally recognized
tribe**

Must have tribal ID or CDIB

**To enroll for class, either email or call at the
following:**

Phone: 520-562-1237

Email: tyra.phillips@gric.nsn.us