

Prenatal Nutrition Classes

Barbara C. Gutin Pre & Postpartum Program



We are pleased to offer new nutrition classes hosted by **Lauren Manaker MS, RDN, LD, CLEC**. Lauren Manaker is a registered dietitian, lactation counselor, and award-winning book author. Her passion for women's health and wellness combined with her expertise in perinatal nutrition set the stage for classes you won't want to miss!

These 30 minutes classes are brought to you by the Barbara C. Gutin Pre and Postpartum Program.

Wed., 2/22, 12pm

Pregnancy Food Myths: Must we avoid so many things?

Wed., 3/22, 12pm

Use nutrition to combat common pregnancy symptoms

Wed., 4/26, 12pm

Can your pregnancy diet really help support your baby's brain development?

Webinar ID: 960 4047 4453

Password: zoom, [Click here](#) to register



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Questions? Email BRRHGutin@baptisthealth.net
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