



Healthy Pregnancy Workshop

December 7, 2017 | 12:00 – 1:00 p.m. | HUB 260

The Healthy Pregnancy Workshop is designed to support families by providing information about how to stay healthy during your pregnancy. Kim Tustison, MD of the UCR School of Medicine and UCR Health will provide information about maintaining your health before, during and after pregnancy, including a healthy diet and physical activity for a healthy baby and you.

This workshop is for anyone interested in learning about a healthy pregnancy, those who are expecting or soon to be expecting, or are already parents.

To participate, please register at the [Healthy Pregnancy Workshop registration page](#).



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