AHS Nutrition Resources for Pregnancy – Reviewing Pictorial Resources and New Webpages

October 18, 2023
1:30-3:00pm MST

In recent years, AHS has released 5 new prenatal nutrition resources as well as new webpages to help clients and care providers access prenatal nutrition information. Through this session, we will provide an overview of these resources and tools to support client-led conversations.

Learning Outcomes:

- Familiarity with AHS's 5 pictorial nutrition resources for pregnancy
- Knowledge of how to use the resources in practice
- Familiarity with where to find nutrition information on AHS webpages

Speakers:

Sarah Frank Nichols, RD, Alberta Health Services, Public Health Nutrition Provincial Lead

Katherine Brandon, RD, Alberta Health Services, Public Health Dietitian

Alberta Health Services

Target Audience: Care providers who see pregnant clients in individual or group settings

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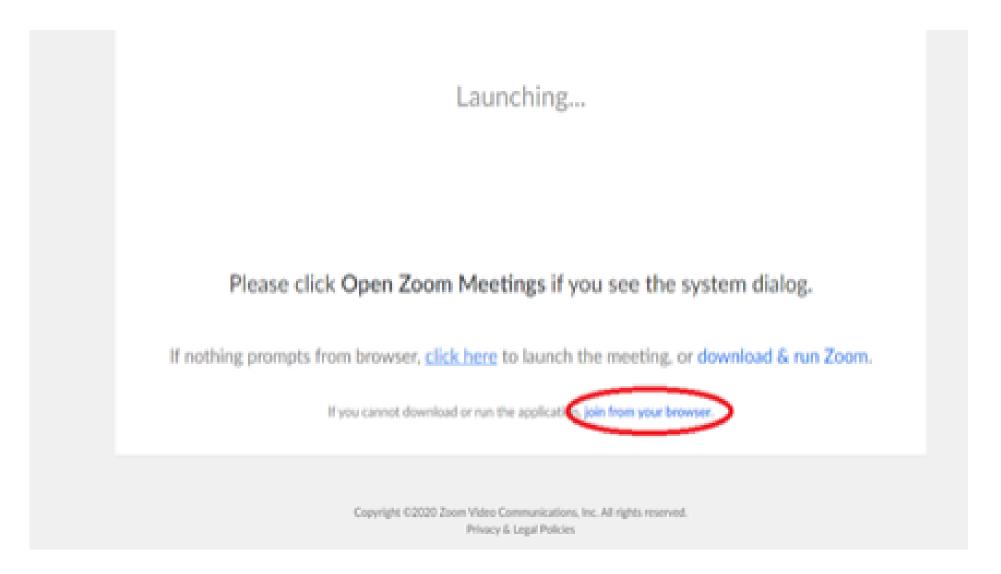1.888.999.3356
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