

MCH, CPNP, & FASD Virtual Connection Circle

February 4, 2026

10:00-11:30am MT

Nutrition and Pregnancy Video Series

This one-hour virtual session will provide an instruction and overview of the new animated video series, Nutrition and Pregnancy, developed by AHS dietitians. The short videos provide general nutrition guidance to address common questions about nutrition and pregnancy.

Speakers:

Kaley Pandos - Registered Dietitian, Alberta Health Services (AHS)

Aldara MacKay - Registered Dietitian, Alberta Health Services (AHS)

Denise Lam - Registered Dietitian, Alberta Health Services (AHS)



Learning Outcomes:

- Learn about the new Nutrition and Pregnancy video series for pregnant individuals
- Gain ideas on how to use and share the videos in their practice
- Watch 1-2 videos and provide interactive feedback
- Have an opportunity to ask questions and learn about additional resources

Facilitators:

Brenda Baker - Sr. Program Officer, Community Health Promotion

Erin Bligh - Community Nutrition Advisor

Eva Jacob - Sr. Program Officer, Community Health Promotion

Indigenous Services Canada/Regional Deliver/Alberta



Target Audience:
Participants include community-based staff working with MCH, FASD and/or CPNP Program, and Health Directors

Please note that this session **will not** be recorded or uploaded to our network.

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<https://fntn.zoom.us/j/81934391367>

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To join via internet browser

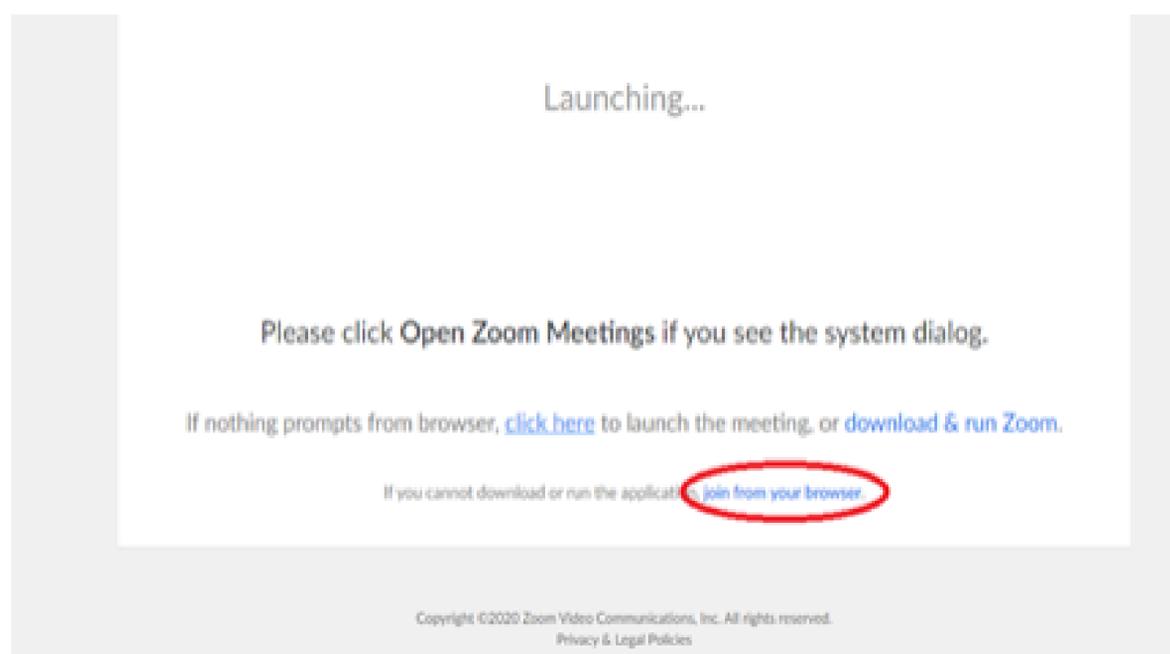
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