



Tim Beichiogrwydd
Iach
The Healthy
Pregnancy Team



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Healthy Pregnancy Virtual Information Session

Thursdays 1:30-2:15pm



We will cover

Eating well-what to eat and drink to get the nutrients you and baby need.

Food safety advice for pregnancy

Dealing with pregnancy symptoms

Being active and managing weight gain

Available to ABUHB residents who have had their 12 week appointment with their midwife

To find out more or to book a place contact
the **Healthy Pregnancy Team** on **0300 303 4906 (option 3)**
or **ABB.HealthyPregnancyTeam@wales.nhs.uk**

