



EATING HEALTHY WHILE PREGNANT

28 FEBRUARY 2013

1000-1200

**Balfour Beatty Communities Center
6000 Ditto Avenue • Fort Detrick**

**FREE AND OPEN TO THE
FORT DETRICK COMMUNITY**

Since you're eating for two you should know what is tasty, easy and good for the both of you. The class focuses on the 9 basic principles for eating healthy during the 9 months of pregnancy. The connection between good nutrition and good pregnancy results is compelling and far more reaching than you may realize. Participants will get a free copy of the book, "What to Expect[®] Eating Well When You're Expecting." Refreshments will be served.

For more information, call 301-619-0323.

www.detrick.army.mil/mwr



IMCP LOE 2: Soldier, Family and Civilian Well-being



**Balfour Beatty
Communities**



"If you catch my staff doing something nice let me know through ICE" -Director Family and MWR

No Federal endorsement implied