We invite you to join us for a conversation on nutrition during the prenatal and postpartum period. Topics will include healthy food portions, the importance of reading labels and food justice.

We’ll discuss how food impacts us on an emotional, physical, intellectual and spiritual level. In addition, we will explore how food has shaped us and how it impacts our future and the future of our children.

Facilitated by:
Angelica (415) 504-1483
Gaby (415) 484-8205

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