



# Today's Mom

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[2/](#)

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Today's Mom aims to improve the dietary and physical activity habits of moms-to-be in ways that are sustainable before, during, and after pregnancy.

Six sessions with interactive activities will help moms-to-be understand the changes pregnancy has on the body.

This free series will cover topics such as:

- Relief for common pregnancy discomfort
- A baby's development
- Healthy eating for mother and baby
- Reading food labels
- Menu planning
- Keeping active during and after pregnancy
- We will also cover ways that mindfulness can keep your stress in check and techniques to help keep you calm.

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