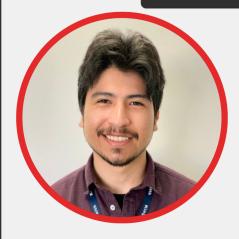


MCAH LUNCHBOX SEMINAR



HEALTHY MOMS HAVE HEALTHY **BABIES: GESTATIONAL DIABETES** AND MATERNAL NUTRITION



XAVIER ROBLEDO, RDN About our guest speaker: Xavier Robledo RDN Registered Dietitian for the Kings County WIC Program

Learning Objectives:

- 1. Understand the common challenges and health risks associated with gestational diabetes
- 2. Recognize the benefits of balanced nutrition, good mental health, and consistent exercise for pregnant mothers
- 3. Understand the benefits of breastfeeding for mothers who had gestational diabetes
- 4. Utilize WIC services to assist pregnant mothers in the community

CLICK HERE TO REGISTER OR SCAN THE OR CODE WITH YOUR PHONE



07.17.2024

Free continuing education hour provided by the Kings County Department of Public Health.

Provider approved by the California Board of Registered Nursing, Provider CEP #7603 for 1 contact hour.

11:30 AM - 1:00 PM Free lunch courtesy of Adventist Health 1025 N. Douty Street, Hanford, CA 93230



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