

Present

Mommy & Me

Healthy Nutrition/Weight Management for Moms & Mommies to Be

Tuesday, September 24, 2019
10:00am - 11:00am
Cost: \$15

Space is limited! Register to reserve your spot!
323-717-5857
moavzaray@gmail.com
greenstartnutrition.com/book-online

*Ages: newborn - 12 months.
*Open play at the gym at discounted price of \$10 when attending
(must be accompanied by an adult)



**Workshop is lead by Moav Avital-Zaray, MS, RDN
a registered dietitian and mom of two.**

Join us for:

- **Better understanding and skills of post-baby nutrition and weight control.**
- **Nutrition while breastfeeding.**
- **Review of topics such as healthy and easy recipes, smart snacking ideas, tools to boost your metabolism, and more.**
- **Fun interaction with other moms.**
- **Bonding time with your baby.**