

Mommy and Me Post-Baby Nutrition Workshop

by Moav Avital - Zaray,

Registered Dietitian and mom of two.

This workshop is designated for moms and their babies (newborn - 8 months) who wish to learn more about creating and sustaining a healthy lifestyle during this challenging yet fulfilling time.



The 5 week workshop will meet on
Wednesdays @10:30am in the
Studio City area.

\$250 for 5 weekly sessions

Join us and Enjoy:

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

First session: One on one nutrition evaluation with Registered Dietitian.

9/11: Group session: Understanding postnatal nutrition.


9/18: Group session: Meal planning and preparation.

9/25: Group work out with a postnatal certified trainer.

Final session: One on one follow up session with Registered Dietitian.

To sign up or for more information

 www.greenstartnutrition.com

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