

# Let's Move & Talk Pregnancy

Every  
One  
Matters.

FREE 5 Week Pre-natal LOW Impact Fitness  
with  
Weekly Hot Topics  
or  
"Ask What's On Your Mind"

**Time: 5:30 - 6:00pm Fitness**  
**6:15 - 6:45pm Hot Topics**

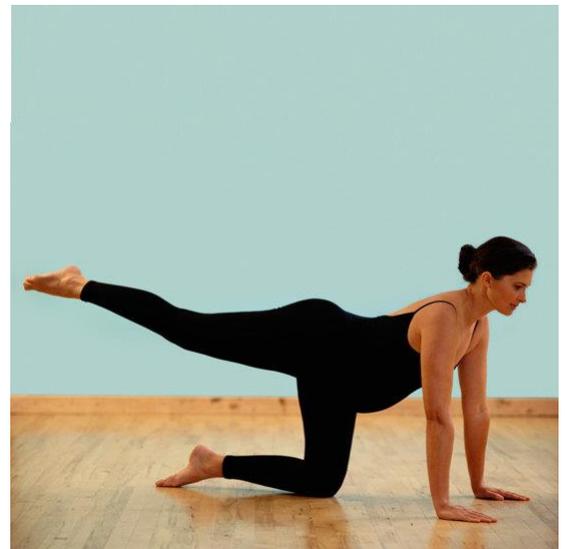
**Dates: Thursdays**  
**Feb 7 to March 7**  
**April 4 to May 2**  
**Sept 26 to Oct 24**

**Location: West Elgin Community  
Health Centre**

**Snacks Provided**

**Your Hosts:**

Diane (Prenatal Fitness Specialist)  
Debi (Registered Nurse)  
Larissa (Registered Dietitian)



To register for the classes, please  
contact Debi at  
519-768-1715 ex 2312  
This program requires a minimum of  
4 participants to run.



West Elgin  
Community  
Health Centre

[www.wehc.on.ca](http://www.wehc.on.ca)