

# TRS-ActiveCare NUTRITION DURING PREGNANCY



Tune in to a wellness webinar created just for you! This presentation covers:

- important prenatal steps
- extra calories needed during pregnancy
- essential nutrients
- exercise dos and don'ts

Register Today  
Wednesday, Aug. 26, 2026

Click or scan here for  
8 - 8:45 a.m.



Click or scan here for  
5 - 5:45 p.m.



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