



Pregnant?

In the first half of your pregnancy?



Join a study about stress reduction and wellness for women who are concerned about gaining too much weight during pregnancy.

You will be PAID \$\$ for your time.



Learn:

- Skills to reduce stress
- New ways to eat and enjoy healthy food
- Easy ways to stay active
- Methods to reach a healthy weight gain during pregnancy



Call Nina (415) 600-5772
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