Tailored Pregnancy Packages

Nourish & Nurture

Your personalised pregnancy journey with Lifestyle Maternity

Includes self-paced online modules, quick and easy recipes, and individualised, ongoing assessment and support.

For the **food-loving, health conscious, time-poor** mum-to-be - this **online, self-paced program** is for you!

Nourish & Nurture is created by **Dr Shelley Wilkinson**, one of Australia's leading women's health dietitians (30 years' experience, PhD in psychology). It is built to deliver the same outcomes as an individual dietitian appointment.

You'll learn:

- Exactly what your pregnancy nutrition needs are
- How to adapt them to your own life, easily

Includes access for the length of your pregnancy, so the guidance grows with you.

Want extra support? Ask about discounted 1:1 add-ons 💝
www.lifestylematernity.com.au/resources

Lifestyle Maternity