

Semper Fit Health Promotion

Healthy Moms



Healthy Babies

Come to Semper Fit's Nutrition During Pregnancy Class

Learn how the foods you eat during your pregnancy can influence the well-being of you and your baby with a focus on proper calorie requirements and healthy eating.

**The 4th Thursday of every Month
1300**

Open to Active Duty and Retired Military, DoD Civilians and their family members

For information, contact: 703.784.2869/3780
Visit our website: www.quantico.usmc-mccs.org

