



Nutrition and Physical Activity for Postpartum Mothers!

Learn the importance of postpartum nutrition (energy, protein, fat, fluid, & micronutrient needs) and physical activity recommendations for postpartum period. Open to all!

November 27th 5 p.m. - 6 p.m.

Zoom or in person

In person:

Anchorage Neighborhood Health Center
4951 Business Park Blvd, Anchorage, AK 99508
Conference room 301 (third floor)

Zoom:

Scan the QR code above for the Zoom link.



To ask a question or RSVP

Contact ANHC
Registered Dietitian
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