



Why Can't I Eat Sushi? The Science Behind Prenatal Guidelines

- Explore the science that pregnancy guidelines are based on
- Learn why some things are unhealthy for you and your child so you can make informed decisions during pregnancy
- You're not the only one, join the conversation about the difficulties people face applying medical recommendations to their day to day lives
- Find out how you can incorporate healthy practices that fit in to your lifestyle

**Join UBC Island Medical Program student
Mackenzie Carnes to learn more.**

December, 6th @ 6:00 – 8:00pm
Medical Sciences Building, Room 150
University of Victoria

Light refreshments will be served.

This is the latest in a series of medical student presentations.

For more information, contact Dr. Jane Gair @ jgair@uvic.ca.



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Medicine



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of Victoria

let's talk 
science