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.