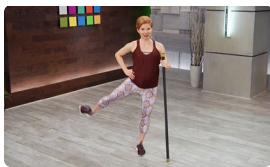
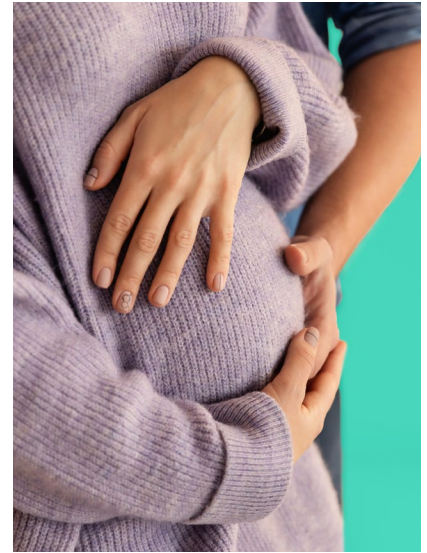


Staying Healthy During Pregnancy and Postpartum

Pregnancy brings many changes to your body, habits, and lifestyle. Learn how to stay well during this time to feel your best and nurture your growing baby.

What's Included:

- Safe, expert-led exercises and stretches designed for each trimester
- Nutrition tips and healthy recipes for nourishing your body
- Support for your mental health and wellbeing during the transition into motherhood
- And more



Pre-Natal Stretch and Release
20 mins | ★ 4.7

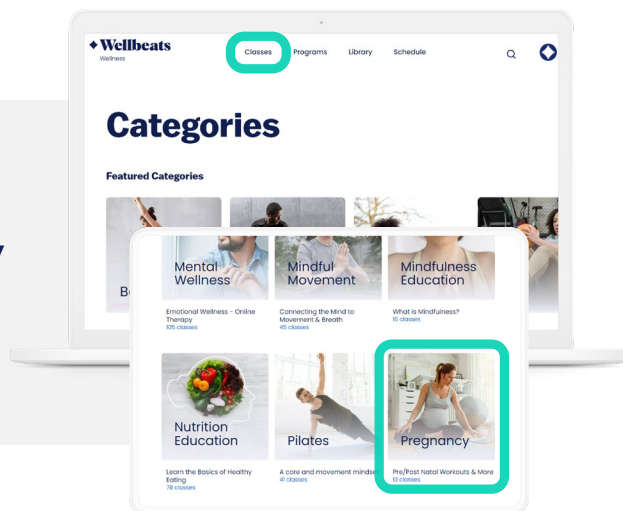



Pre-Natal Nutrition 3rd Trimester
10 mins | ★ 4.8



Post-Natal Nutrition: 4th Trimester
7 mins | ★ 4.6

In your Wellbeats *Wellness* account, select **Classes** and choose the **Pregnancy** category for on-demand wellness classes for every stage of pregnancy.

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