

2024

# MCAH LUNCHBOX SEMINAR



## HEALTHY MOMS HAVE HEALTHY BABIES: GESTATIONAL DIABETES AND MATERNAL NUTRITION



**XAVIER ROBLEDO, RDN**

**About our guest speaker:**

Xavier Robledo RDN  
Registered Dietitian for the Kings  
County WIC Program

### Learning Objectives:

1. Understand the common challenges and health risks associated with gestational diabetes
2. Recognize the benefits of balanced nutrition, good mental health, and consistent exercise for pregnant mothers
3. Understand the benefits of breastfeeding for mothers who had gestational diabetes
4. Utilize WIC services to assist pregnant mothers in the community

[CLICK HERE TO REGISTER](#)

OR SCAN THE QR CODE WITH YOUR PHONE



# 07.17.2024

11:30 AM - 1:00 PM

Free lunch courtesy of Adventist Health  
1025 N. Douty Street, Hanford, CA 93230

Free continuing education hour provided by the Kings County Department of Public Health.

Provider approved by the California Board of Registered Nursing, Provider CEP #7603 for 1 contact hour.

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