



## Ready to take baby steps towards a happier, healthier you?

Our **FREE** healthy lifestyle programme can support you and your baby throughout pregnancy, with expert advice to help you and your partner build healthy habits as a family.

You will be able to:

Discover the vitamins  
your body needs – and  
the foods to avoid

Find fun, safe ways to  
stay active during each  
trimester

Learn about morning  
sickness, heartburn and  
postpartum nutrition

Gain expert support from  
our wellbeing coaches  
and nutritionists



[oxf.maximusuk.co.uk](https://oxf.maximusuk.co.uk)

Sign up for your

**FREE PLACE** today



[HelloOxfordshire@maximusuk.co.uk](mailto:HelloOxfordshire@maximusuk.co.uk)



**03332 208 952**



**OXFORDSHIRE  
COUNTY COUNCIL**