



Nutritional Management in Pregnancy Course

All recorded sessions will be available at 2pm on each Tuesday, sessions in bold will be delivered live.

Date	Session details	Speakers
Week One - Live 10 January at 2pm	Live Welcome Planning a pregnancy: preconception nutrition Nutrition support in Hyperemesis Gravidarum & Low BMI	Anita Beckwith Eugenie Grand Hazel Billson
Week Two 17 January	Food, nutrition and food safety in pregnancy Nutrient considerations in pregnancy	Margaret Charnley Julie Abayomi
Week Three 24 January	Nutritional considerations for weight gain in pregnancy Physical activity & exercise in pregnancy	Julie Abayomi Aisling Pigott
Week Four 31 January	Diabetes in Pregnancy Creating a management plan in pregnancy	Anita Beckwith Sarah Ashley
Week Five 7 February	Maternal Weight Management: A redesign in the NHS Pregnancy post-bariatric surgery	Beth Greenslade Laura Logan
Week Six – Live 28 February 2pm – 5pm	Question and Answer Session Case studies Panel discussion	All speakers