



## Why Can't I Eat Sushi? The Science Behind Prenatal Guidelines

- x Explore the science that pregnancy guidelines are based on
- x Learn why some things are unhealthy for you and your child so you can make informed decisions during pregnancy
- x You're not the only one, join the conversation about the difficulties people face applying medical recommendations to their day to day lives
- x Find out how you can incorporate healthy practices that fit in to your lifestyle

Join UBC Island Medical Program student  
Mackenzie Carnesto learn more.

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December, 6<sup>th</sup> @ 6:00–8:00pm  
Medical Sciences Building, Room 150  
University of Victoria

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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](mailto:jgair@uvic.ca)

