

Are you less than 6 months pregnant, between 18-45 years old, and living in the Hamilton area?



Take part in our research study!

Join our **FREE** art workshops with artists and other pregnant people to chat about pregnancy health, nutrition, your growing baby, and lots of other topics of your choice, while doing fun art activities!

*note workshops will be a combination of 3 virtual and 3 in person sessions (depending on public health restrictions)

Receive **\$25** for each workshop attended, a free package of art supplies, and the chance to chat with other pregnant people and health professionals that support pregnant people.

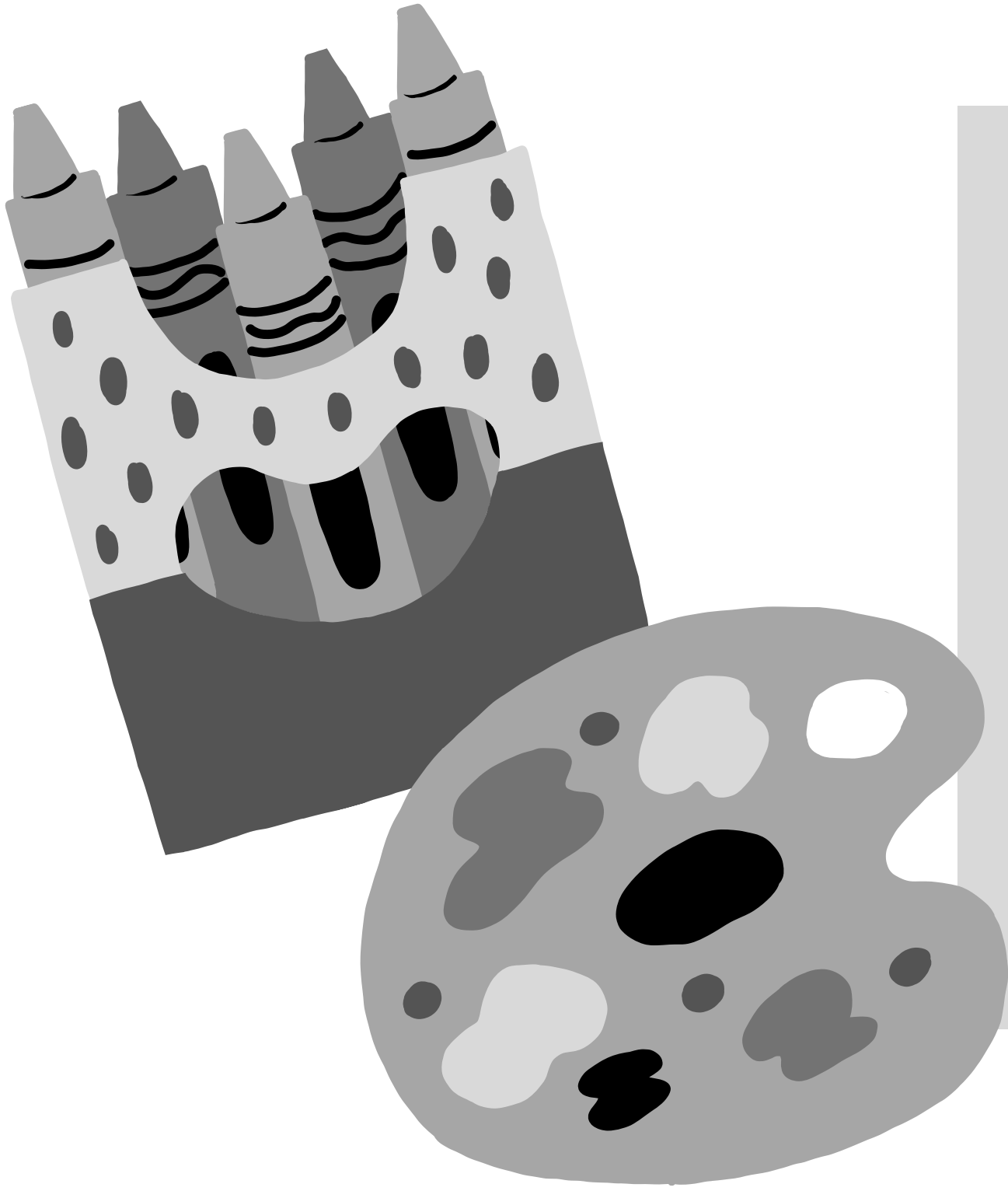


**Want to participate in our study or have
some questions?**

**Email us at aocstudy@gmail.com or use
your phone to scan this QR code**



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