



Healthy Life Trajectories Initiative



ARE YOU PREGNANT OR HOPING TO GET PREGNANT IN THE NEXT 3 YEARS?

Get **FREE ACCESS** to tailored support for you and your baby.

Join this **EXCITING RESEARCH STUDY** and discover the **BENEFITS OF PARTICIPATING**. To see if you're eligible, visit www.HeLTICanada.ca.

► **RECEIVE GIFT CARDS FOR YOUR PARTICIPATION** ◀



BENEFITS

Free access to a **personalized** website to support your **individual health** and **parenting needs**. Families may also be eligible to receive **free telephone** support from a **public health nurse!**

PURPOSE

To **learn about** how the health of parents and their behaviours before, during and after pregnancy can **influence child development**.

PARTICIPATE NOW

If you're **considering getting pregnant** in the next 3 years – **or are pregnant now** – check your eligibility to **join HeLTI Canada today!**

Contact Us

www.HeLTICanada.ca | HeLTICanada@lunenfeld.ca

