



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](http://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](http://www.HeLTICanada.ca) | [HeLTICanada@lunenfeld.ca](mailto:HeLTICanada@lunenfeld.ca)

