

Are you less than 4 months pregnant?

Temple University is conducting an 18-month research study for pregnant moms just like you!



We are looking for Latina or African American moms:

- *at least 18 years old
- *less than 4 months pregnant
- *own a cell phone



Growing a healthy baby starts with you!

It's called **#BabyBeHealthy!**

We are studying whether a healthy lifestyle program, that uses personal health-coaching and text messages, will help mothers improve their eating and activity during pregnancy.

Enrolled moms will have 6 study-related visits at Temple.

Compensation provided!

If you are interested in hearing more please call or text us: **267-772-8966**