Webinar Recording

How diet affects fertility

About the Webinar

We are pleased to present this webinar, which looks at the effects of diet on fertility and during pregnancy. The webinar is facilitated by Erika Harman, APD.

The presentation includes:

- Learning how diet affects fertility;
- How being overweight has an effect on fertility; and
- Getting weight gain correct during pregnancy.

About the Presenter

Erika is a Brisbane and Sunshine Coast based Dietician specialising in weight management in pregnancy. She also conducts Skype consults to offer her services to women all over the country.

Erika is passionate about helping clients manage their weight through pregnancy using the Institute of Medicine (2009) guidelines. Her ethos is that managing weight gain means better outcome for mum and baby.

Webcast: 8 April 2014