

## **Pregnancy's Hidden Impact: Cardiovascular and Dementia Risk**

- Nutritional foods, discounts in British Columbia, available in other provinces BC Farmers' Market Nutrition Coupon Program for those who are eligible to purchase vegetables, fruits, nuts, eggs, dairy, herbs, vegetable & fruit plants, honey, meat, and fish,  
<https://bcfarmersmarket.org/coupon-program/how-it-works/>
- Multilingual Resources available in 17 different languages:  
<https://www.cwhha.ca/multilingual-resources>