Seminars

Source4Women® offers seminars covering the health topics that are important to you and your family, at no additional cost to you.

Our seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you may email our speakers with your questions during the presentation and they will respond during a question and answer session.

Fitness and nutrition during pregnancy

Tina Groat, MD, MBA

September 23, 2014, 12:30 p.m. ET, 11:30 a.m. CT

A healthy lifestyle is important during pregnancy. Join us as we discuss planning and preparation for the birth of your child. This seminar will help educate you about preparing yourself and your body for pregnancy. From learning about the changes your body will go through to nutrition and exercise suggestions for you and your baby, this seminar provides information to help you maintain a healthy pregnancy.

To register for an upcoming Source4Women online seminar, visit Source4Women.com and click on “Online Seminars & Events.” All seminars are recorded and archived for viewing after the live seminar date.

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Tina Groat, MD, MBA

Dr. Groat holds a medical degree and an MBA from Harvard Medical School and a MBA from the University of Michigan. She did her residency in Obstetrics and Gynecology at Duke University Medical Center, serving as Assistant Administrative Chief Resident. After residency, Dr. Groat worked as an Assistant Professor of Clinical Ob/Gyn at Indiana University School of Medicine and as a Clinical Instructor at the University of Michigan Obstetrics and Gynecology Department.

Dr. Groat is the National Medical Director of Women’s Health & Genetics for UnitedHealthcare.