






Welcome to the P3 Cohort Summer 2023 Newsletter!

It's almost summer which means that we are pleased to release the second instalment of the P3 Cohort newsletter! In this edition, you can keep up with some study updates, learn about some family-friendly activities to do in Calgary this summer, and find a list of resources to support you with your pregnancy! We appreciate your continued support and participation- without your contributions this study would not be possible!

Let us know why you decided to participate in the P3 Cohort study by [clicking here](#)






Recruitment Update

As of May 11th...

-  **1390 participants** have enrolled
-  **395 partners** have enrolled
-  **955 babies** have been born




Tell your friends to join us at www.p3cohort.ca

Top 5 Stroller Friendly Trails in Calgary

-  Bowness Baker Park Loop
-  Bow River Pathway: North-South Loop
-  North Glenmore Loop
-  Prince's Island Loop
-  Discovery Ridge and John Simonot Trail Loop

For more information [click here](#)

Pregnancy Resources in Calgary

-  **Prenatal Classes:** AHS Birth & Babies ([learn more](#))
 - In-person & Virtual Classes
-  **Prenatal Exercise Classes:** City of Calgary Parent & Baby classes ([learn more](#))
 - Includes outdoor stroller fitness, yoga, TR
-  **Mental Health Support:** Access Mental Health ([learn more](#))
 - Information, consultation, & referrals

Meet a P3 Cohort Baby!

Back in January, one of our P3 families gave us permission to share this sweet photo of their little one! If you would like your baby featured on our social media, please reach out!



Five Places to Picnic with your Family

-  **Stanley Park:** picnic sites, BBQ spots, outdoor swimming pool
 -  **Riley Park:** large grassy spaces & outdoor wading pool
 -  **Olympic Plaza:** steps & grassy spaces to sit on, wading pool
 -  **Bowness Park:** picnic shelters, playground, wading pool
 -  **South Glenmore Park:** spray park, reservoir & city views
- For more information [click here](#)

We are launching a Sibling Cohort Study!

We want to know if you are **pregnant again** or if you have **delivered another baby** after your P3 Cohort baby!

Receive a **\$10 gift card** each time you fill out a questionnaire related to your next pregnancy / child.

Contact us to find out more about the Sibling Cohort study through social media or our e-mail (p3cohort@ucalgary.ca)

Stay Connected!

Please remember to keep us updated on your contact information and feel free to e-mail us at any time with any questions you may have at p3cohort@ucalgary.ca. Also, check out our social media pages for study updates and other fun pregnancy related posts!

