

**MOMS-TO-BE: NO REFERRAL NEEDED!**

**ATTEND OUR 2 HOUR PRENATAL EDUCATION SESSION**

***WHAT TO EXPECT WHEN EXPECTING***

**TOPICS**

- Optimal Prenatal Nutrition
- Managing the Discomforts of Pregnancy
- Introduction to breastfeeding
- Exercise and a health pregnancy
- Various pregnancy-related topics
- Bring your questions!



See Receptionist or call  
905-456-7111 x2  
to register

**DATE**

***Coming Soon!***

**TIME:**

6:00 -8:30 pm

**LOCATION**

Here!

60 Gillingham Drive Suite 200

**OPEN TO NON-CLINIC PATIENTS TOO!!!**