

INTRODUCING YOUR BABY TO SOLID FOODS



PLAN TO ATTEND WHEN YOUR BABY IS 2- 4 MONTHS OLD

TOPICS:

- Transitioning to Solid Food
- Feeding Methods & Baby's First Foods
- Infant Nutrition 6-12 months
- Infant Feeding Challenges
- Introducing Allergens
- Raising a Healthy Happy Eater, from the Start!

DATE:

Wednesday Nov. 28, 2018

TIME:

1:30-3:30 pm

LOCATION:

**Here –in the Program Room
60 Gillingham Drive,
Suite 200**

Presented by our Registered Dietitian

See Receptionist or call (905) 456-7111 to register!