



Central Brampton

Family Health Team

# Staying Healthy During Pregnancy

November 23, 2020

6:00PM – 8:00PM

Join our Dietitian and Health Educator for this 1.5 hour **Zoom workshop** to provide moms-to-be with information that optimizes their health and insight into issues related to prenatal, early post-partum, & infant care.

*The program is **NOT** a substitute for a childbirth education course.*

Meeting ID: 835 1557 7354

Call (905)-456-7111 ext 2 to get the password to join.