



JOIN US FOR OUR LIVE, VIRTUAL

*Introducing your  
Baby to Solid  
Foods*

**FEBRUARY 2, 2021  
1:30PM - 3:30PM**

Join our Registered Dietitian for this 2  
hour Zoom workshop focused on  
introducing solid foods to your baby.  
Best suited for parents to attend when  
baby is 2-6 months old.

**Meeting ID: 816 9807 1021**  
**Call (905)-456-7111 ext 2 to receive the  
password to join.**

