

WHAT TO EXPECT WHEN EXPECTING

AN INTERACTIVE 2 HOUR WORKSHOP DESIGNED FOR MOMS-TO-BE

TOPICS

-Prenatal Nutrition & Care:

- Influence of diet on baby's physical and cognitive development
- Foods to avoid, foods to be cautious about, essential nutrients

-Reducing the discomforts of pregnancy

-Various pregnancy-related topics

-Introduction to breastfeeding

-Benefits of staying active while pregnant

-Your questions

-Lots of resources



DATES

Wednesday August 22nd

TIME:

6:30 -8:30pm

LOCATION

HERE!

60 Gillingham Drive
Suite 200

See Receptionist or call
905-456-7111 to register

OPEN TO NON-CLINIC PATIENTS TOO!!!

Visit our website @ www.cbfmt.ca for more details