



JUNE 25TH, 2019
6:30PM-8:00PM
PRENATAL
WORKSHOP

◆ *What to Expect when Expecting* ◆

◆ Breastfeeding ◆

◆ Introducing your Baby to Solid Foods ◆

The focus of this 2-hour program is to provide moms-to-be with information that optimizes their health as well as insight into various issues related to prenatal, early postpartum, & infant care.

The program is NOT a substitute for a childbirth education course. This session is conducted by our Dietitian and Health Educator.

Book with reception or call **905-456-7111**
to register & attend.

Image source: ABC News

**Influence of diet
and exercise on
baby's
development**

**Learn about foods
you should avoid,
be cautious
about, & essential
nutrients**

**How to reduce
discomforts**

**Ask questions
about common
pregnancy
concerns!**



Suite 200

Brampton, ON

L6V 4H6

(905) 456-7111

www.cbfmt.ca