



Central Brampton
Family Health Team

HEALTHY FAMILIES PROGRAM

LED BY REGISTERED DIETITIANS

WELL-NOURISHED
PREGNANCY

TUESDAY, JULY 19

@ 11 AM

VIA ZOOM

PRENATAL

BREASTFEEDING CAFE

WEDNESDAYS (JUNE 8, JULY 13)

@ 10 AM

VIA ZOOM

BIRTH TO
2+ YEARS

4 TO 6
MONTHS

INTRO TO SOLIDS
TUESDAYS (JUNE 14, JULY 5)

@ 1:30 PM

VIA ZOOM

RAISING A HEALTHY
HAPPY EATER

THURSDAY, JUNE 16

@ 1:30 PM

VIA ZOOM

2 TO 10
YEARS

REGISTER TODAY:

WWW.CBFHT.CA

905-456-7111 (3)

