



# Central Brampton Family Health Team Calendar of Events

July 2022

Mon.	Tue.	Wed.	Thu.	Fri.
				1 Canada Day
4	5 <a href="#">Intro to Solids</a> (1:30 – 3:30 pm)	6	7 <a href="#">Caregiver Burnout</a> (1 – 2:30 pm)	8
11	12	13 <a href="#">Breastfeeding Café</a> (10 – 11 am)	14	15
18	19 <a href="#">Let's Talk Diabetes</a> (3-4 pm)	20	21 <a href="#">Mindful Eating</a> (12-2 pm)	22
25	26	27	28	29

Coming in September

[Seniors' Wellness Series: Aging & Well-Being](#) – Thursday, Sept 1 @ 1 pm

[Heart Health Nutrition](#) – Monday, Sept 12 @ 6 pm

[Introducing Your Baby to Solids](#) – Tuesday, Sept 13 @ 1:30 pm

[Breastfeeding Café](#) – Wednesday, Sept 14 @ 10 am

[Raising a Healthy Happy Eater](#) – Thursday, Sept 15 @ 1:30 pm

[Well-Nourished Pregnancy](#) – Tuesday, Sept 20 @ 11 am

[Let's Talk Diabetes](#) – Wednesday, Sept 21 @ 3 pm (Medication)