



Central Brampton
Family Health Team

HEALTHY FAMILIES PROGRAM

LED BY REGISTERED DIETITIANS (RDS)

WELL-NOURISHED
PREGNANCY
TUESDAY, SEPT 20

@ 11 AM
VIA ZOOM

PRENATAL

BREASTFEEDING CAFE
WEDNESDAYS (AUG 10/ SEPT 14)

@ 10 AM
VIA ZOOM

BIRTH TO
2+ YEARS



4 TO 6
MONTHS

INTRO TO SOLIDS
TUESDAYS (SEPT 13/ OCT 11)

@ 1:30 PM
VIA ZOOM

2 TO 10
YEARS

RAISING A HEALTHY
HAPPY EATER

THURSDAY, SEPT 15

@ 1:30 PM
VIA ZOOM

REGISTER TODAY:

WWW.CBFHT.CA

905-456-7111 (2)

