



## Are you pregnant?

کیا آپ حاملہ ہیں؟

A jeni shtatzënë?

您怀孕了吗？

¿Está Ud. Embarazada?

Hamile misiniz?

ਕੀ ਤੁਸੀਂ ਗਰਭਵਤੀ ਹੋ?

نایا زگت ھایہ؟

តើអ្នកមានផ្ទៃពោះឬ?

هل أنت حامل؟

For more information about this weekly free program, please call:

519-743-6333 ext 383 or  
519-575-4400

## "Growing Healthy Two-gether"



Canada Prenatal Nutrition Program  
For Pregnant Women Who Want to Have  
**A Healthy Baby**

Funded by Public Health Agency of Canada

**CARIZON**  
family + community services

  
Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES

# "Growing Healthy Two-gether"

## Learn about:

- ▶ Having a healthy pregnancy
- ▶ Healthy eating during pregnancy
- ▶ Tips on cooking and making meals
- ▶ Getting ready for birth and your baby
- ▶ Becoming a parent

## We also offer:

- ▶ Healthy snacks
- ▶ Grocery gift card
- ▶ Prenatal vitamins
- ▶ Breastfeeding support
- ▶ Free child care and bus tickets
- ▶ Referral to community services
- ▶ Vitamin D for your breastfed baby



## Meet Health Care Professionals to:

- ▶ **TALK** about your pregnancy
- ▶ **RECEIVE** support

## Locations the program is offered :



For more information or to register, please call

Carizon at 519-743-6333 ext. 383 or Region of Waterloo 519-575-4400

<http://www.carizon.ca/community-services/growing-healthy-two-gether-program/>