

Join our
**Program Coordinator,
Registered Dietitian,
other pregnant
individuals, and their
support people, to
talk about your
healthy pregnancy!**

When:

Tuesdays
10:30-11:30am

Starts:

Sept. 14th, 2021

Where:

Online
(using ZOOM)

Contact:

Judy at
capc@carizon.ca
to register or for
more
information.

400 Queen St. S, Kitchener

519-743-6333

www.carizon.ca

CARIZON
Inspiring Hope and Wellness in Our Community



Growing Healthy Two-gether ONLINE!

Canadian Prenatal Nutrition Program (CPNP)

We offer:

- Prenatal Vitamins
- Vitamin D Drops
- Grocery Gift Cards
- Breast Feeding Support
- Referrals to other community supports
- Information about healthy eating during pregnancy
- Tips on cooking healthy meals, budgeting for your family and much more!

Are You Pregnant?

کیا آپ حاملہ ہیں؟

Да ли сте трудни?

آیا حاملہ ہستید؟

Êtes-vous enceinte?

¿Está Ud. Embarazada?

هل أنت حامل؟

您怀孕了吗？

Uur ma leedahay?

*This program is funded by the
Public Health Agency of Canada*