

**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:**

January 11, 2022

**Where:**

Online  
(using ZOOM)

**Contact:**

519-743-6333  
x2383

[capc@carizon.ca](mailto:capc@carizon.ca) to  
register or for more  
information.

400 Queen St. S, Kitchener

519-743-6333

[www.carizon.ca](http://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?

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Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES