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?

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
to register or for more information.

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