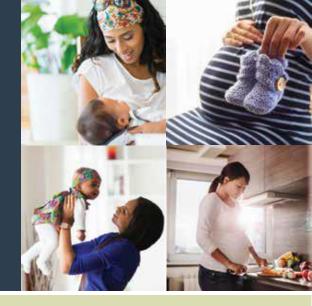


BETTER BEGINNINGS NOW

CANADA PRENATAL NUTRITION PROGRAM (CPNP)



DATE & TIME

Wednesdays 1:00 pm - 3:00 pm

Flemingdon Health Centre 10 Gateway Blvd, North York, ON M3C 3A1 Second Floor, The Charlotte Sneyd Room

Mondays 5:00pm - 6:30 pm

Fairview Community Health 5 Fairview Mall Dr, North York, ON M2J 2Z1 Room 359, The Penut Room

WHO IS THE PROGRAM FOR

- Are you new to Canada and far away from your family and friends?
- Is English your second language?
- Do you need information about community programs and resources?
- Are you worried about your financial and food security?
- Do you need reassurance about becoming a parent?
- Partners are welcome to attend

WHAT IS THE PROGRAM ABOUT

- Learning about pregnancy
- Healthy Eating
- Breastfeeding
- Caring For Yourself
- Meeting other Women
- Cooking and Tasting New Foods

YOU WILL RECEIVE

- TTC Tokens
- Food Vouchers
- Healthy Snack and Free Childcare
- Translation is available if needed

FOR MORE INFORMATION & REGISTRATION, CALL 647-529-4511 OR EMAIL: ASASANI@LUMENUS.CA

THIS PROGRAM IS SPONSORED BY THE PUBLIC HEALTH AGENCY OF CANADA IN COLLABORATION WITH MANY ORGANIZATIONS



be seen. be heard. be well.