



Baby Food Workshop

Homemade baby food is easy and quick to make.

Come talk to our dietitian about:

- when baby is ready to eat food
- foods for baby's first year.

Ideal for parents of babies between
4 to 7 months old.



When: Monday, March 4, 2019

Time: 9:30 to 11:30 am

Where: South-East Ottawa Community Health
Centre
1355 Bank St., 7th floor, Fairlea Room

Cost: Free.

Please call to register:

Sandy or Annette, Registered Dietitians
613-737-7195 extension 2339

