

EarlyON Child and Family Centre Danforth Site

3079 DANFORTH AVE, TORONTO ON M1L 1A8

East York Healthy Beginnings for Healthy Babies



A Free Program for Pregnant Women that will help you:

- Learn About Pregnancy and Healthy Eating
- Opportunities to talk with Public Health Nurses, Dietitians and Perinatal Settlement Workers
- Meet and Talk with other Pregnant Women
- Learn about Community Resources and Information

Dates: Every Thursday
Time: 1:30 - 3:30 pm
Location: EarlyON Child and Family Centre -
Danforth - 3079 Danforth Ave

A Canadian Prenatal and Nutrition Program -
Funded by PHAC

Come and have fun!

Please speak to staff for specific programs and activities
For more information please call 647-258-9785

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Daily Schedule

Time	Activity
1:30 - 1:45 pm	Register & Sign In
1:45 - 3:30 pm	Program Time

Monthly Schedule

Date	Activities
July 5, 2018	Guest Speaker – Miriam - Yoga Dietician – Gestational Diabetes
July 12, 2018	Settlement Workers – Financial Awareness
July 19, 2018	Guest Speaker – TPH – Sexual Health
July 26, 2018	Guest Speaker – Midwives

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