

EYET Satellite Site - Jenner Jean-Marie Community Centre

48 THORNCLIFFE PARK DRIVE TORONTO ONTARIO, M4H 1J7

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 Tuesday
Time: 9:30am - 11:30am
Location: EYET Satellite Site - Jenner Jean-Marie Community Centre - 48 Thorncliffe Park Drive Toronto Ontario, M4H 1J7

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
9:30 - 9:45 am	Register & Sign In
9:45 - 11:30 am	Program Time

Monthly Schedule

Date	Activities
September 4, 2018	Environmental Exposures and Impact of Screen Time when Breastfeeding
September 11, 2018	Food Groups and Healthy Plating
September 18, 2018	Library Tour and Antenatal Care
September 25, 2018	Preterm Labour and Budgeting

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