

# Food '4' Thought



A Pre & Post Natal Nutrition Project  
At The Youth Centre, 360 Bayly St. W., Unit 5, Ajax  
Wednesday's from 2-4:30 pm

## December, 2011

Date: **Wednesday, December 7, 2011**

Topic: Daycare

Date: **Wednesday, December 14, 2011**

Topic: Holiday Stress

Date: **Wednesday, December 21, 2011**

TOPIC: \* ☺ **CHRISTMAS PARTY** ☺ \*

Date: **Wednesday, December 28, 2011**

Topic: Closed

This is a free weekly drop-in program that serves expectant and new mothers less than 26 years of age. The weekly program includes prenatal education; a snack; healthy food to take home; breastfeeding support; information on keeping you and your baby healthy; vitamins; a child play program and some good company.

Questions about Food '4' Thought at this site please call  
**905-428-1212**

Durham, and Girls Inc.

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