



Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class

for parents and caregivers of
1 to 5 year olds

Summer 2023 Schedule

May 9 th	6:30 pm - 8:00 pm
June 6 th	1:30 pm - 3:00 pm
June 27 th	6:30 pm - 8:00 pm
July 12 th	6:30 pm - 8:00 pm
August 15 th	1:30 pm - 3:00 pm
August 30 th	6:30 pm - 8:00 pm

Join Registered Dietitians to learn how to:

- create a positive mealtime environment
- introduce new foods
- cope with mealtime struggles

Easy to attend
virtual classes!

REGISTRATION:

- [birthandbabies.com](https://www.birthandbabies.com)
- 403-955-1450





Feeding Your Baby

FREE Online Nutrition Class

for parents and caregivers of infants

Registered Dietitians will share information and answer your questions on starting solids and first foods, textures, finger foods, timing, amounts, and more!

REGISTRATION:

- birthandbabies.com
- 403-955-1450

Summer 2023 Schedule

May 2 nd	1:30 pm - 3:00 pm
May 16 th	1:30 pm - 3:00 pm
May 31 st	6:30 pm - 8:00 pm
June 14 th	6:30 pm - 8:00 pm
June 20 th	1:30 pm - 3:00 pm
July 11 th	6:30 pm - 8:00 pm
July 18 th	1:30 pm - 3:00 pm
July 26 th	6:30 pm - 8:00 pm
August 9 th	6:30 pm - 8:00 pm
August 22 nd	1:30 pm - 3:00 pm



Alberta Health
Services

