



Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class

for parents and caregivers of
1 to 5 year olds

Fall 2023 Schedule

September 12 th	6:30 pm - 8:00 pm
October 11 th	6:30 pm - 8:00 pm
October 17 th	1:30 pm - 3:00 pm
November 8 th	6:30 pm - 8:00 pm
December 13 th	6:30 pm - 8:00 pm
December 19 th	1:30 pm - 3:00 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

Fall 2023 Schedule

September 13 th	1:30 pm - 3:00 pm
September 19 th	1:30 pm - 3:00 pm
September 27 th	6:30 pm - 8:00 pm
October 25 th	6:30 pm - 8:00 pm
October 31 st	1:30 pm - 3:00 pm
November 7 th	1:30 pm - 3:00 pm
November 21 st	6:30 pm - 8:00 pm
November 29 th	6:30 pm - 8:00 pm
December 5 th	1:30 pm - 3:00 pm
December 12 th	6:30 pm - 8:00 pm



Alberta Health
Services

