



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

Winter 2024 Schedule

January 9 th	1:30 pm - 3:00 pm
January 24 th	6:30 pm - 8:00 pm
January 30 th	1:30 pm - 3:00 pm
February 11 th	1:30 pm - 3:00 pm
February 28 th	6:30 pm - 8:00 pm
March 5 th	1:30 pm - 3:00 pm
March 13 th	6:30 pm - 8:00 pm
March 27 th	1:30 pm - 3:00 pm
April 10 th	6:30 pm - 8:00 pm
April 24 th	1:30 pm - 3:00 pm



Alberta Health
Services

