



# JANUARY - MARCH

## NUTRITION SESSIONS

with a Public Health Dietitian



### Feeding Baby **No pre-registration required**

#### **Helen Detwiler EarlyON**

320 Brigade Drive, Hamilton  
(905) 574-9344 ext.1139

**Tuesday January 30**

11 AM–12 PM

#### **St. Patrick EarlyON**

20 East Avenue South, Hamilton  
(905) 525-2302

**Monday February 12**

10:30–11:30 AM

#### **Queen Street EarlyON**

155 Queen Street North, Hamilton  
(905) 521-0926

**Tuesday March 5**

9:30–10:30 AM

#### **Waterdown EarlyON**

315 Dundas Street East, Waterdown  
(905) 574-9344 ext.1162

**Thursday March 21**

11 AM–12 PM

### Feeding Young Children (1-6 years) **No pre-registration required**

#### **Valley Park EarlyON**

970 Paramount Drive, Stoney Creek  
(289) 237-1297

**Thursday March 21**

10–11 AM

**For more information about nutrition:**

[facebook.com/HealthyFamiliesHamilton](https://facebook.com/HealthyFamiliesHamilton) | [hamilton.ca/nutrition](https://hamilton.ca/nutrition) | 905-546-3550