



# smartstart

## FOR BABIES

Canada Prenatal Nutrition Program



### A FREE PRENATAL NUTRITION PROGRAM

for pregnant women and teens and their  
partner or support person

#### Learn about:

Having a healthy baby.

How to care for yourself during  
pregnancy and after baby is born.

How to prepare healthy meals.

How to make healthy lifestyle choices.

The other community programs and  
supports available to you.



**ML** BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
[www.healthunit.com](http://www.healthunit.com)

#### At each session we offer:

Healthy food

Gift cards

Bus tickets

Free prenatal vitamins

To find out if this program  
is right for you call:

**519-646-2961**