



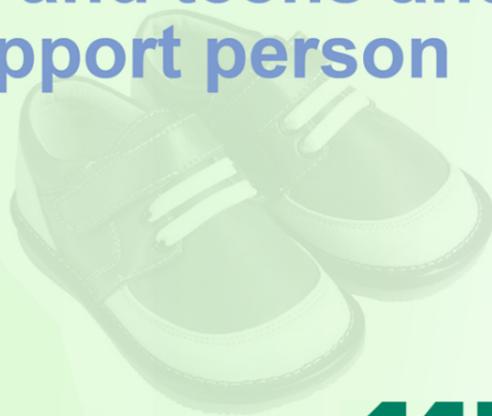
smartstart
FOR BABIES
Canada Prenatal Nutrition Program



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

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