

# INFANT NUTRITION

INTRODUCING SOLID  
FOODS TO YOUR BABY

**JOIN US FOR FREE IN-PERSON INFANT NUTRITION WORKSHOPS!**

- AT AROUND **6-MONTHS** OF AGE ● AT AROUND **9-MONTHS** OF AGE ● AT AROUND **12-MONTHS** OF AGE ●

Sessions happening monthly as of January 2023

**WHERE:** CREDITVALE MILLS WELLNESS HUB @ 1535-1555 SOUTH PARADE COURT, MISSISSAUGA

**WHEN:** TUESDAYS, 10:30AM - 12PM

**WITH:** REGISTERED DIETITIANS and REGISTERED NURSES  
from the CREDIT VALLEY FAMILY HEALTH TEAM

- [WWW.CVFHT.CA](http://WWW.CVFHT.CA) ● 905-813-1100 EXT 4777 ● [info.CVFHT@thp.ca](mailto:info.CVFHT@thp.ca) ● QR CODE ●

