



Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class

for parents and caregivers of
1 to 5 year olds

Join a Registered Dietitian to learn how to:

- create a positive mealtime environment
- introduce new foods
- cope with mealtime struggles

REGISTRATION:

- birthandbabies.com
- 403-955-1450

Winter 2021 Schedule

All classes 6:30 pm - 8:00 pm

January 19th

February 17th

March 16th

April 14th

Easy to attend
evening virtual
classes!



**Alberta Health
Services**