



Your Baby Eats What You Eat

You make the difference
in your baby's health.

Today's Mom, a **FREE**
6-class workshop, can help.

- **Keep Baby Safe**
- **Food Safety**
- **Pregnancy Concerns**
- **Healthy Choices**
- **Physical Activity**
- **Recipe Tasting**
- **Breastfeeding**



Date/Time:

Place:

Contact: