

The Healthy Young Families Program Offers Nutritional Counselling



- **Breastfeeding Support**
- **Pre and Post Natal Nutrition**
- **Healthy Eating, Healthy Weight**
- **Feeding Your Baby, Toddler and Preschooler**
- **Cooking on a Budget**

You can make an appointment with
our Dietitians
in Lanark and Carleton Place.

Workshops coming Fall 2009



**North Lanark County
Community Health Centre**

A Part of Lanark Health and Community Services

For more information, please call
Maggie Chapman at 613-259-2182
or 1-866-762-0496