



# Making Your Own Baby Food

**Who:** Parents and caregivers of infants 0-1 year

**What:** Come to discuss feeding your baby, introducing solid foods, and how to make your own baby food.

**Where** North Lanark County Community Health Centre

**& When:** 207 Robertson Drive, Lanark

**Wednesday February 17, 2010**

**10:00-11:30am**

Lanark Health & Community Services building  
30 Bennett Street, Carleton Place

**Wednesday February 24, 2010**

**10:00-11:30am**

**Cost:** Registration Required



**Facilitator:** Karina Kwong, Community Dietitian

**Presented by:** *The Healthy Young Families Program*

For more information or to register please call reception at 613-259-2182 or 1-866-762-0496



North Lanark  
Community Health Centre

A part of Lanark Health and Community Services



Ontario's Community  
Health Centres

Every One Matters.