




**EASTVIEW NEIGHBORHOOD COMMUNITY CENTRE +
TORONTO PUBLIC HEALTH**

HEALTHY BEGINNINGS

**A NEONATAL SUPPORT GROUP FOR WOMEN LIVING IN
THE TORONTO/DANFORTH RIDING**



**HEALTH AND NUTRITION INFORMATION
COOKING DEMONSTRATIONS
INSTRUCTIONAL ACTIVITIES
WORKSHOPS/INFORMATION SESSIONS
DIETETIC AND NURSING SUPPORT
FOOD VOUCHERS AVAILABLE
SNACKS AND CHILD CARE PROVIDED**



**WEDNESDAYS 1:00 - 3:30PM
EASTVIEW NEIGHBORHOOD COMMUNITY CENTRE
86 BLAKE STREET - M4J 3C9**

**PLEASE CALL OR EMAIL TO REGISTER
416-392-1750 X 300
CECILIAMOLINA@EASTVIEWCENTRE.COM**