

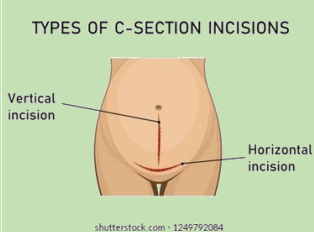




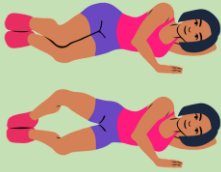









Healthy Beginnings June 2021

For more information please contact Cecilia Molina
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 (416) 392 1750 Ext 326

June 2 nd	June 9 th	June 16 th	June 23 rd	June 30 th
<p>1:30 PM Postpartum Care with Elaine</p>  <p>Prenatal</p>	<p>1:30 PM Recognizing Feelings with Sue</p>  <p>Prenatal & Postnatal</p>	<p>1:30 PM Caesarean Birth with Elaine</p>  <p>Prenatal</p>	<p>1:30 PM Hand Expression/Pumping and Storing of Breastmilk with Farzana</p>  <p>Prenatal</p>	<p>1:30 PM Toronto Public Library Viisit</p>  <p>Prenatal & Postnatal</p>
<p>1:30 PM Activities to do with children in COVID times with Farzana</p>  <p>Postnatal</p>	<p>1:30 PM Behaviour Disorders in Children with Farzana</p>  <p>Postnatal</p>	<p>1:30 PM Postpartum Exercise with Elaine</p>  <p>CLAMSHELL Postnatal</p>	<p>7:00 PM Yoga session with Laura</p>  <p>Prenatal</p>	<p>7:00 PM Yoga session with Laura</p>  <p>Postnatal</p>
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