

**A time for new parents to learn, laugh and play with their babies.**

**Join us each month for a short presentation & a healthy snack.**

**Learn songs & rhymes with your baby.**

**Free, drop-in when you can. No registration required.**

**2nd Thursday of each month | 1:30-3:00**

**1370 Grosvenor Ave | Corydon Community Club - River Heights**

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| **Oct. 13, 2016** | **Immunizations | Lorien Martens, Public Health Nurse** |
| **Nov. 10, 2016** | **Infant Sleep | Lorien Martens, Public Health Nurse** |
| **Dec. 8, 2016** | **Physical Fitness |Amanda Younka, Community Facilitator** |
| **Jan. 12, 2017** | **Feeding your Infant Solids | Cheryl Ogaranko, Community Nutritionist.**  |
| **Feb. 9, 2017** | **Post-Partum Pelvic Floor Health** | **Denisha Thompson,** **Physiotherapist** |
| **March 9, 2017** | *TBD* |

**In partnership with the Public Health Nurses of River Heights**



**A community program by**