

# Mealtime Struggles to Mealtime Success

**FREE Nutrition Class** for parents and caregivers of 1 to 5 year old children. Adults only please.

Do you have questions about your child's eating?

Join a dietitian to learn how to:

- Create a positive mealtime environment.
- Introduce new foods.
- Cope with mealtime struggles.



Register at [www.birthandbabies.com](http://www.birthandbabies.com) or call 403-955-1450

## September to December 2018 classes:

### North Calgary:

**November 20, Tuesday** 6:30 - 8:30pm  
Family Connections Parent Link  
Huntington Hills Community Centre  
520-78 Ave NW

### East Calgary (Central):

**October 16, Tuesday** 6:30 - 8:30pm  
East Calgary Health Centre, room 2285  
4715 8 Ave SE

### South Calgary:

**September 20, Thursday** 10am - noon  
Heart of the South Family Centre  
Suite 3217, 150 Millrise Blvd SW

**November 8, Thursday** 6:30 – 8:30pm  
South Calgary Health Centre, room 2012  
31 Sunpark Plaza SE

**December 5, Wednesday** 6:30 – 8:30pm  
South Health Campus, Wellness Centre, room 180010  
4448 Front Street SE