

Join our  
**Program Coordinator,  
Registered Dietitian,  
other pregnant  
individuals, and their  
support people, to  
talk about your  
healthy pregnancy!**

**When:**

Tuesdays  
10:30-11:30am

**Starts:**

Sept. 14th, 2021

**Where:**

Online  
(using ZOOM)

**Contact:**

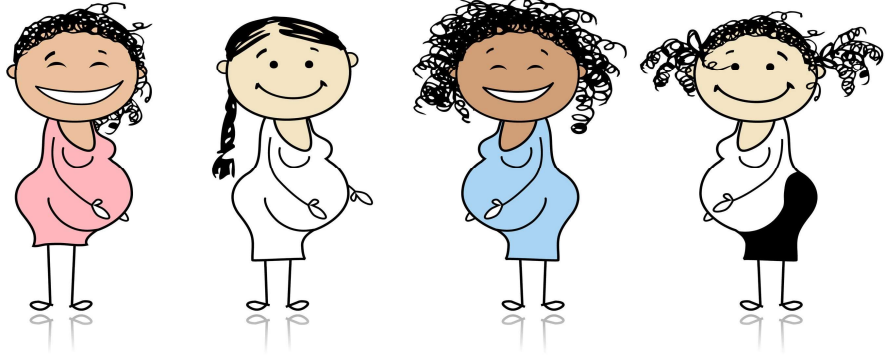
Judy at  
[capc@carizon.ca](mailto:capc@carizon.ca)  
to register or for  
more  
information.

400 Queen St. S, Kitchener

519-743-6333

[www.carizon.ca](http://www.carizon.ca)

**CARIZON**  
Inspiring Hope and Wellness in Our Community



## Growing Healthy Two-gether ONLINE!

### Canadian Prenatal Nutrition Program (CPNP)

**We offer:**

- Prenatal Vitamins
- Vitamin D Drops
- Grocery Gift Cards
- Breast Feeding Support
- Referrals to other community supports
- Information about healthy eating during pregnancy
- Tips on cooking healthy meals, budgeting for your family and much more!

**Are You Pregnant?**

کیا آپ حاملہ ہیں؟

Да ли сте трудни?

آیا حاملہ ہستید؟

Êtes-vous enceinte?

¿Está Ud. Embarazada?

هل أنت حامل؟

您怀孕了吗？

Uur ma leedahay?

*This program is funded by the  
Public Health Agency of Canada*