

Pregnant?



Come and join us at the new
Prenatal Group

12 weekly sessions

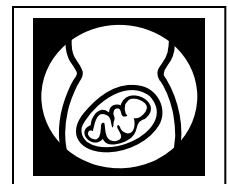
Starting: Tuesday January 19th, 2010

When: From 1:00- 3:30 p.m.

Where: NorWest Community Health Centres
Thunder Bay site, 525 Simpson Street,

**Bring your partner or support
person too...**

- * FREE for you!
- * FREE child care!
- * Healthy snacks!
- * Learn something new each session
- * Share your experience with other mom's!
- * Free milk supplements
- * Free 'take-home' food bag every week



NorWest

COMMUNITY HEALTH CENTRES
CENTRES DE SANTÉ COMMUNAUTAIRE



Ontario's Community
Health Centres
Les centres de santé
communautaire en Ontario

For more information call Tanelle
@ 622-8235