



# Infant Program



# infant

Come along and learn how to raise a healthy and active baby.

Find out what to feed your baby at different milestones from an experienced Dietitian.

Each group you will get to:

- Learn about child nutrition
- Play with your baby
- Have a healthy snack to give you ideas



## Upcoming Group Dates:

6 months olds: Tues 12th February 2019

9 month olds: Wed 13th February 2019

12 month olds: Wed 20th February 2019



**Time:** 11:45am-12:45pm

**Place:** Ray Sweeney Community Care Centre, 45 Coster St  
Benalla (in Maternal Child Health waiting room)

**Call Benalla Health on (03) 5761 4500**

**to book your spot.**

**Benalla**  
HEALTH