

HEALTHY MUMMY

Happy Baby

IS COMING TO WISHAW FAMILY
LEARNING CENTRE

Healthy Mummy Happy Baby supports mums with babies and toddlers to eat well and stay healthy.

Our qualified nutritionist Kimberley will be running a free
Nutrition and Cooking Course on:

Wednesday 2nd November 1.30pm - 3.30pm

Wednesday 9th November, 1.30pm - 3.30pm

Wednesday 16th November, 1.30pm - 3.30pm

Wednesday 23rd November, 1.30pm - 3.30pm

Wednesday 30th November, 1.30pm - 3.30pm

To book your place or to find out more please contact
Jen Dawson on 01698 274344

[facebook/healthymummyhappybaby](https://www.facebook.com/healthymummyhappybaby)



HEALTHY MUMMY

Happy Baby

IS COMING TO SHOTTS FAMILY
LEARNING CENTRE

Healthy Mummy Happy Baby supports mums with babies and toddlers to eat well and stay healthy.

Our qualified nutritionist Kimberley will be running a free
Nutrition and Cooking Course on:

Thursday 29th September, 1.30pm - 3.30pm

Thursday 6th October, 1.30pm - 3.30pm

Thursday 13th October, 1.30pm - 3.30pm

Thursday 27th October, 1.30pm - 3.30pm

Thursday 3rd November, 1.30pm - 3.30pm

To book your place or to find out more please contact
Jen Dawson on 01698 274344

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HEALTHY MUMMY

Happy Baby

IS COMING TO CRAIGNEUK LIFELONG
LEARNING ASSOCIATION.

Healthy Mummy Happy Baby supports mums with babies and toddlers to eat well and stay healthy.

Book your 30 mins appointment with our qualified nutritionist Kimberley. At these appointments we will create your own tailored plan to help you eat well.

Healthy Mummy Happy Baby appointments will be available every second Wednesday starting from 24th August 2016 from 9.30-11.30am.

This service is a free service but spaces are limited so book now!

To book your place, or to find out more, please email Kimberley_lcfhp@outlook.com or call her on 0141 771 7927.

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