

# HEALTHY MUMMY

## Happy Baby

### IS COMING TO SHOTTS FAMILY LEARNING CENTRE

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

We offer a range of different services including nutrition workshops, one to one dietary advice, cooking classes and weight management advice.

Our qualified nutritionist Kimberley will be running a nutrition and healthy cooking course on;

Thursday 14th September, 1pm - 3pm

Thursday 21st September, 1pm - 3pm

Thursday 5th October, 1pm - 3pm

Thursday 12th October, 1pm - 3pm

Thursday 26th October, 1pm - 3pm

To book your place or to find out more please contact;

Lynn Walsh in Shotts FLC,

Jen Dawson on 01698 274344 or DawsonJ@northlan.gov.uk,

Kimberley McLean-Guthrie on 0141 771 7927

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