



FEEDING MOM, FEEDING BABY

A TWO-PART NUTRITION WORKSHOP
NOVEMBER 17TH & DECEMBER 1ST, 7-9PM

Join Nutritionist **Stephanie Hodges** for a 2- part nutrition course, **Feeding mom - Feeding baby** at Pomegranate on **November 17th** and **December 1st**. Part 1 will focus on the importance of ensuring moms are getting the nutrition they require for hormonal balance, energy, immunity and long term health. Part 2 will discuss the ever debated issue of feeding babies. When and what to feed first, how to make it and how to know if it's right.

WHEN: Part 1 Feeding Mom, Saturday, November 17th, and
Part 2 Feeding Baby Saturday, December 1st, 7pm-9pm

COST: \$70

Workshop leader, **Stephanie Hodges BA, RYT, RNCP** is a Registered Nutrition Consultant Practitioner at Pomegranate. She specializes in women's health. To learn more visit www.vitalisnutrition.com

Her consultations are covered under most extended health packages.