

FREE Online Nutrition Classes for Parents and Caregivers Taught by AHS registered dietitians



Growing Your Baby (Prenatal nutrition)

Visit:

<https://redcap.link/CenPrenatal>

Scan:



Infant Nutrition (0 – 1 year)

Visit:

<https://redcap.link/CenINC>

Scan:



Goodbye Mealtime Struggles (1-5 years)

(Taught with an occupational therapist)

Visit:

<https://redcap.link/CenGMS>

Scan:



Mealtime Struggles: School-Aged (6-12 years)

Visit:

<https://redcap.link/CenMS-School>

Scan:



If you would like more information, please email
publichealthnutrition.centralzone@ahs.ca or call 403-356-6387

Date posted: April 2024