



Please Join Us at Healthy Foods & More!



- WHAT:** Healthy & Organic **BABY FOOD** workshop
- WHERE:** Healthy Foods & More, 75 Bridgeport Road E, Waterloo
- WHEN:** **FRIDAY, October 23rd** from 2-4pm
- WHO:** **HOSTED BY OH BABY FITNESS, PRESENTED BY TANIA HEINEMANN, RNCP, RHN – YELLOWOOD NUTRITION & WELLNESS**
- COST:** **\$40 + GST = \$42.00**

Please join Leigh Schwarz of Oh Baby Fitness and Tania Heinemann of Yellowwood Nutrition & Wellness for an exciting and informative 2-hour workshop. You will come away with a great booklet containing tips and recipes and you will learn how healthy, easy and economical it is to make your own baby food! Register early to avoid disappointment! info@ohbabyfitness.ca

Registration – please return to Leigh no later than October 5, 2009.
64 Jordan Drive, Cambridge ON N3C 4E2

Yes, I will attend the Baby Food Workshop hosted by Oh Baby Fitness & presented by Tania Heinemann! Here are my details:

Name: _____ Tel: _____

Email: _____

Payment:

Cash _____ Cheque _____ OR Visa: # _____ Exp: ____/____

(payable to Oh Baby Fitness)

Name on Card: _____

Thank-you! We look forward to seeing you there!