



**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 23<sup>rd</sup>** 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 Yellowood 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](mailto: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!*