

BABY FOOD MADE EASY

Find out how, when and what
to feed your baby

Ask questions or
just listen, it's up
to you!

Free to
attend!

97% would
recommend the
workshop to a
friend!

"Thank you! I feel more
confident about weaning
now"

"That was a great session,
thanks so much!"

Are you weaning your baby or planning to wean? Do you have questions?

Why not join one of our monthly online Webex Sessions to learn more and have your questions answered!

How does it work?

This is a free 90 minute Webex Session. Participants stay on mute but can get involved and ask questions if they wish via the chat function. The sessions are held on the second Tuesday of every month. For more details and to request a link to register, please email HP.Nutrition@hse.ie. Prior to the event, participants receive a weaning booklet and weaning recipes & tips via email with a link to the session.

Each session begins at 10.30am on the morning of the event.



This is a HSE Department of Health Promotion & Improvement CHO8 Louth/Meath Health & Wellbeing Initiative and is hosted by Senior Community Dietitians.



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BABY FOOD MADE EASY



Jan to **JAN 10TH, FEB 14TH**
Mar **& MAR 14TH**

APRIL 18TH , **April to**
MAY 9TH **June**
& JUN 13TH

Jul & **BONUS**
Aug **SESSIONS**

SEPTEMBER **12th**

Oct to **OCT 10TH ,**
Dec **NOV 14TH & DEC 12TH**

FOR MORE INFORMATION EMAIL: HP.NUTRITION@HSE.IE

[CLICK HERE TO REGISTER OR SCAN](#)



Health Promotion & Improvement
Health & Wellbeing Division