

BABY FOOD MADE EASY

Find out how, when and what to feed your baby

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

97% would recommend the workshop to a friend!

"A lot of information overload out there online so this was very straightforward and informative. Feeling much more confident and looking forward to getting started."

Free to attend!

"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 that begins at 10.30am on the morning of the event. Participants stay on mute but can get involved and ask questions if they wish via the chat function. The sessions are usually held on the second Tuesday of every month. For more details and to request a link to register, please email HP.NUTRITION@HSE.IE or [Click Here](#) OR Scan QR code below straight to registration. Prior to the event participants are sent a link to access the session and following the event participants receive a weaning booklet and weaning recipes & tips via email.



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

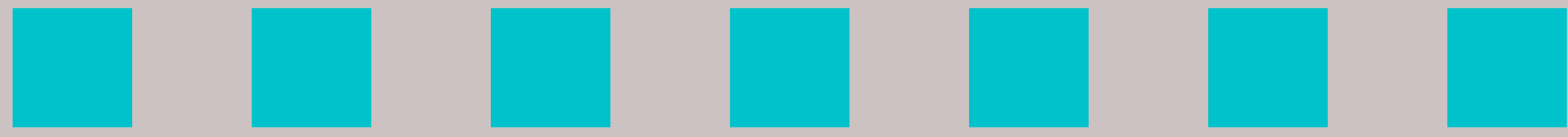
SCAN TO REGISTER





20
24

BABY FOOD MADE EASY



Jan to JAN 9TH, FEB 13TH &
Mar MAR 12TH



APRIL 9TH, **April to**
MAY 14TH **June**
& JUN 18TH



July 9TH
&
30TH



SEPTEMBER 10th



Oct to OCT 8TH,
Dec NOV 12TH & DEC 10TH

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

[CLICK HERE TO REGISTER OR SCAN](#)



Health Promotion & Improvement Louth Meath
Health & Wellbeing Division