

Parent and Child Nutrition Classes



Join Stephanie Brooks, MS, RD, a nationally recognized nutrition therapist, consultant and mother of two, who founded Bay Area Nutrition, LLC, and specializes in pediatric nutrition, childhood feeding issues and disordered eating for a variety of nutrition programs:

Nutrition and Baby: Starting Solids and Beyond

We will focus on how, what and when to introduce solid food as well as keeping things fun and simple.

Saturday February 20th, 2-3:30

Tiny Tots Boutique

138 Railway Ave. in Campbell, 95008

\$32 per person/\$55 per couple if pre-paid one week prior to event, otherwise \$38/\$67

Sunday March 21, 10am to 11:30am OR Saturday June 26, 11am to 12:30pm

Blossom Birth

299 S. California Avenue, Suite 120, Palo Alto, CA 94306

\$35 (\$60 per couple)

For information or to register please go to

http://www.blossombirth.org/Workshops_for_Parents/starting_solids.html

or call: 650-321-2326

Nutrition and Kids: The Toddler-Preschool Years

Come and learn ways to raise normal eaters, discourage pickiness and avoid becoming a short order cook.

Saturday March 20th, 2-3:30

Tiny Tots Boutique

138 Railway Ave. in Campbell, 95008

\$32 per person/\$55 per couple if pre-paid one week prior to event, otherwise \$38/\$67

For information or to register please go to: www.bayareanutriton.com

or call: (408) 866-2925