

Nutrition for Mom and Baby



Congratulations on your pregnancy and/or new baby!

Now what do you do to feed yourself to optimize your and your baby's health and development, boost and maintain milk supply, prevent allergies and raise a normal eater?

This introductory class will discuss all of these topics and give you some good practical options. Please join Stephanie Brooks, MS, RD, a nationally recognized nutrition therapist and consultant, founder of Bay Area Nutrition, LLC and mother of two. Stephanie specializes in pediatric nutrition, childhood feeding issues and disordered eating.

Date and Time to be announced!

Tiny Tots Baby Boutique

138 Railway Ave. Campbell, 95008

\$20 per person

For more info go to:
www.Bayareanutrition.com or
www.tinytots.com

To register call tiny tots at 408-866-2925