

The Community Mothers Program invite you to

# Healthy Weaning Workshop

## Tyone Community Centre

### Nenagh

Friday, May 13th  
10.00 – 11.00

**Benefits of Health Weaning**  
**With Catherine O Sullivan**  
**Nutritional Cook**

**WORKSHOPS WITH PARENTS TO INCLUDE:**  
Information session on the benefits of Healthy Weaning, covering the following:

- How do I know if my baby is ready for weaning?
  - How to start weaning.
- What food can my baby have while weaning.
  - Stages of weaning.

**Followed by demonstration of textures:**

**Contact Us**



067-31800



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**THIS EVENT IS FREE**  
**BOOKING IS ESSENTIAL**  
**067-31800 / 087 2780029**