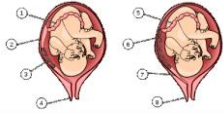







March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Terminology 7PM	3	4 	5	6 	7
8 	9 Nutrition in Pregnancy 7PM	10	11	12	13	14
15	16 Cooking Session 7PM	17 	18	19	20 	21
22	23 Breathing & Relaxation 7PM	24	25	26	27 	28
29	30 Postpartum 7PM	31	National Nutrition Month National Kidney Month	Resource Mom Candace Reid 457-2526/454-7611 candyastra@msn.com	For more information please visit our website@ www.norpenfrc.ca	We are located at Cloud River Academy

