

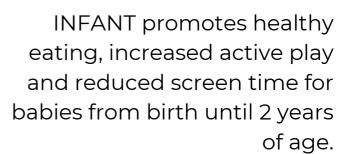
FREE GROUP SESSIONS FOR PARENTS - NUTRITION AND PLAY

The INFANT program (INfant Feeding, Active play and NuTrition) is designed to help parents and families with healthy eating and

active play from the start of their baby's life.

INFANT consists of four group sessions for parents/caregivers led by a nurse or health professional. Each session is based around babies needs around the ages of 3, 6 and 9 months.





Parents have come away from sessions feeling more confident knowing what baby needs at each stage, and they've made new friends with other parents and babies.



Sessions are held across Cobram, Numurkah and Yarrawonga.

To find out more or book in scan the QR code or contact mch@moira.vic.gov.au









The INFANT program is held across Cobram, Numurkah and Yarrawonga.

Cobram: 16 Hay Avenue

Numurkah: 38B McCaskill Street

Yarrawonga: 87-97 Orr Street

"The sessions are very for "The sessions are very for Thank you for enjoyable! Thank you fine enjoyable! Thank you fine the knowledge and me a the knowledge and me a which has helped me a which has helped me." "The sessions are a relaxed, non-judgemental small group felt really





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