

Mennonite New Life Centre presents

# Prenatal Health Sessions

In partnership with  
Unison Health & Community Services



## Learn how to care for your prenatal health in these sessions:

### **SESSION 1: April 16**

**TIME:** 11:00 AM - 12 PM

**SPEAKER:** Gillian Graham  
(Nurse Practitioner)

**TOPIC:** Perinatal Mood Disorders (Emotional Health in Pregnancy)

### **SESSION 2: April 23**

**TIME:** 11:00 AM - 12 PM

**SPEAKER:** Quetzal Badillo  
(Certified Zumba Instructor)

**TOPIC:** Prenatal Yoga

### **SESSION 3: April 30**

**TIME:** 11:00 AM - 12 PM

**SPEAKER:** Camille Machado  
(Registered Dietitian)

**TOPIC:** Eating Healthy During Pregnancy

### **SESSION 4: May 7**

**TIME:** 11:00 AM - 12 PM

**SPEAKER:** Aunjrya Fleming  
(Lactation Consultant)

**TOPIC:** Lactation Session



**SESSIONS ARE IN PERSON AT:**  
1122 Finch Ave. West, Unit 1  
North York, ON  
647-812-1332 | [info@mnlct.org](mailto:info@mnlct.org)

**Register for one  
or more sessions:**  
[bit.ly/Prenatal-Health-Sessions](https://bit.ly/Prenatal-Health-Sessions)

