



**Food "4"
Thought**
is at
CAREA

Tuesdays
2:00-4:15pm

360 Bayly Street W. Ajax, ON

A FREE DROP-IN PROGRAM THROUGHOUT
DURHAM

FOOD "4" THOUGHT

Food '4' Thought is a FREE prenatal nutrition program for pregnant women 26 years of age & under that is funded by the Public Health Agency of Canada and administered by Girls Inc. of Durham.

FOR MORE INFORMATION CONTACT
GIRLS INC. OF DURHAM 905-428-8111 ext 222
www.girlsinc-durham.org