

Food "4" Thought

is at

**Sunrise Pregnancy &
Family Support**

Mondays

11:30-1:30pm



231 Brook St. W., Uxbridge, 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
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