

Food for You Food for Two

A free prenatal program

Kingston

First and third Monday of each month

11 a.m. to 1 p.m.

Kingston Community Health Centres

263 Weller Avenue

Napanee

Second and fourth Wednesday of each month

12:30 to 2:30 p.m.

Lennox and Addington Resources for Children

465 Advance Avenue

Transportation and child-minding
may be available.

Call 613-549-1154 or visit
kflaph.ca/FoodForYouFoodForTwo.

Excluding holidays. If class falls on
a holiday, dates may change.

