



CCE Community Education Family Health and Wellness

Parent Cafe

The First Five Years: Caring for and feeding yourself and your child

Thursdays, May 4 - June 22 • 10:00am-12:00pm

Free Classes!
Different topic each week
Childcare available
Enjoy a light breakfast with us!
Prizes at every class!

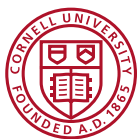
Program Dates and Titles

May 4, 2023: **Nourishing Yourself and Baby**
May 11, 2023: **Postpartum Nutrition**
May 18, 2023: **Baby's First Solids**
May 25, 2023: **Nutrition and Breastfeeding Q&A**
June 1, 2023: **Caring for Yourself**
June 8, 2023: **Your Baby's First Year**
June 15, 2023: **The Early Years Matter: brain development**
June 22, 2023: **Baby Let's Sleep**



Meet with:

- Parent Educators
- Nutrition Educators
- Lactation Consultants



Classes held at the:
Extension Education Ctr
423 Griffing Avenue
Riverhead



Funding provided by the
Mother Cabrini Health
Foundation



Must Pre-Register
Scan Here

For more information, please contact Chris Nadolne - RegistrationCCES@cornell.edu

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Cornell Cooperative Extension | **Suffolk County**

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