

Lunch and learn session  
Meet us at the Nook  
**Tuesday, January 22<sup>nd</sup>, 2019**  
**(11 p.m. to 12:45 p.m.)**

Public Health Nurses are visiting with families to share information on:

**Health Education on free programming  
for families with children 0-6 years of age.**

Snacks and resources will be provided.  
Registration is not required.  
Hope to see you there!

For more information, contact  
Durham Region Health Department  
at (905) 668-7711



**Welcome Centre - Ajax**  
458 Fairall Street, Unit 5  
Ajax, ON L1S 1R6

**Toll-free: 1-877-761-1155**  
[www.welcomecentre.ca](http://www.welcomecentre.ca)

