



We are pleased to host a variety of workshops and information sessions for Newcomers. These sessions take place online using Zoom and are an excellent opportunity for clients to gain valuable knowledge around topics of specific interest to them.

Everyone is welcome! For a complete list of upcoming events go to: www.is-gw.ca/events/

Healthy Women During Pregnancy

Tuesday, June 14 (online)
4:00pm - 5:00pm

This session will be presented by **Hoda Ghonim**, internationally trained Obstetrician, Newcomer Health Program Coordinator at SHORE Centre

Discussion topics include:

1. Age and Fertility
2. Healthy Food during Pregnancy
3. Risky Food to Avoid
4. Pregnancy and Mental Health

Language interpretation is available, based on need. Please register by **Thursday, June 9.**

Do you want to attend but don't have a device? Need help with Zoom? Let us know, we can help!

For more information, contact **Huria** at 519-836-2222, ext. 263 or hthesfa@is-gw.ca

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CLICK HERE to register.

Please register in advance to receive a link to the session.