

HEALTHY MUMMY

Happy Baby

by Lanarkshire Community Food and Health Partnership

Healthy Mummy Happy Baby supports antenatal and postnatal mums to eat well and stay healthy.

Our qualified nutritionist runs a range of different services including one to one nutritional advice, cooking classes, advice on food and mood, weight management service, etc.

These sessions are all centred to your needs and together we will create simple, targeted and realistic plan.

This service is totally free so come and try it out!

To find out more, please call
0141 771 7927.

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