

# **Working Moms: Lunch & Learn**

## ***Nutrition:***

## ***Baby's First Year***

Attendees will receive information on when to introduce solid foods and tools to help develop healthy meal plans for the whole family.

**Friday, 13 March 2015**

**1100 – noon**

**Upton Conference Room**

**DiLorenzo Tricare Health Clinic**

**Call: 703.692.8898 to register**

*\* walk-ins welcome\**

*\* BYO lunch \**

Presented by

DiLorenzo Tricare Health Clinic – Fit To Win

Pentagon Nursing Mothers Program