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## Great Yarmouth and Gorleston Sure Start Children's Centres

# Baby Nutrition Group

For expectant mums, partner & supporters  
1st Fri of the month - 4 Jan | 1 Feb | 1 Mar | 5 Apr

Seagulls Children's Centre    1st Fri    10.00-12.00



A practical session designed to help you and your baby get off to the best start. Designed for mums from 26 weeks pregnant.

We will give you information on different types of milk, sterilising, the benefits of breastfeeding - and a practical session on position and attachment to help you get feeding off to a good start.

**Contact: 01493 660090**

Find us at:  
[www.priorycentre.co.uk](http://www.priorycentre.co.uk)



Great Yarmouth Community Trust  
at the Priory Centre  
@priorycentregy

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