

MAKE YOUR OWN BABY FOOD WORKSHOP (MYOBF)



**EARLY DEVELOPMENT IS
FUNDAMENTAL TO THE
GROWTH OF YOUR CHILD.**



Beverly Athletic Club

SPECIALIZED PROGRAMS

Maria also specialized in the following programs for youth & adults

- ◆ **Cooking Classes for tots and tweens**
- ◆ **Wellness Workshops**
- ◆ **Make & Takes**
- ◆ **Seasonal Activities**
- ◆ **Essential Oils Workshops**
- ◆ **Table Top Events**
- ◆ **And More....**

For more information, please e-mail her or visit the club's website



Are you excited about making delicious and nutritious foods for your new baby? Or does the prospect scare you but you really want to learn? No matter how you answer the question, if you would like to learn how to make wholesome and nutritious baby food for your bundle of joy, without having to buy an expensive machine, join me for this workshop.

We will explore how and when to introduce solid foods

What foods to introduce first and when to add grains & proteins. How to prepare, store and serve the foods you make. Fun ways to have your baby explore all these wonderful foods.

Demonstration on making your babies food using just the equipment you have at home. Explore products that make creating and storing your foods easy.

Wellness Coach: *Maria Nardella / marian@beverlyathletic.com*



SCAN FOR MORE INFO



Maria Nardella is a Certified Health Coach, Personal Chef and Essential Oil Educator, happy wife and loving mother of Tucker. She decided to become a health coach to fulfill her passion of working with busy professionals and their families to improve their health and family life. She aspires to empower families to live their best lives.



BEVERLY ATHLETIC CLUB

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