



International author Tanya Wyatt will give tips on preparing good home-made foods for babies at tomorrow's meeting of the Baby Club of the St Georges Pregnancy and Baby Clinic.

Learn how to make healthy home-made meals for babies

AUTHOR and nutrition expert, Tanya Wyatt, will talk on preparing healthy baby food at the monthly meeting of the Baby Club of the St Georges Pregnancy and Baby Clinic tomorrow.

Tanya is a qualified fitness practitioner and educator in various disciplines, as well as a lifestyle counsellor. Tanya also serves as a fitness specialist on the advisory board of Shape magazine, and writes a monthly column for the magazine.

She is the author of two internationally-released health and fitness books. She recently returned from London. At the baby club she will give moms tips on introducing solids and how to make 'yummy' homemade baby food.

The club will meet between 11.30am and 1pm tomorrow. The cost is R10 which will be donated to orphaned aids children. Moms are also asked to bring a small plate of eats to enjoy with the other moms and babies.

For info, contact Dona'h Rosser at ☎ 084 427 5796.