

mom league

Join us for the

Newborn Series



FOR MOMS & BABIES 0-3 MONTHS

Meet other moms in the newborn stage

First, second, third-time moms welcome!



Join our 8-week **Newborn Series** led by an instructor and local expert guest speakers

Weekly Topics include:

- Birth stories
- Feeding baby
- The postpartum body
- Mental health
- Relationship changes
- Returning to work

& more

Register during your 2nd trimester to secure your spot!

www.mymomleague.com

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