

## SOCIALS

Learn what to do at various stages of your pregnancy. You will meet other new moms and professionals who will cover topics about you and your baby.

### **May 7 - Baby Scrap Booking**

Start your baby's book. Learn how to preserve and present pictures in an album or keepsake.

### **June 4 - Best Products for Baby**

Learn about the best products for your baby, including strollers, high chairs, toys, carriers and so much more.

### **August 20 - Funtivities**

Activities geared towards new moms.

### **September 10 - Baby Fest**

12 p.m. at the Wyckoff YMCA

Experts will be on hand for discussions on Baby Safety, Nannies, Nurses and Doulas, Labor and Delivery, Breastfeeding, Sleep, Car and Stroller Safety and more.

Complimentary consultations will be offered for massage, yoga, Lamaze, organic products, nutrition tips, and more.

### **October 22 - Baby Scrap Booking**

Start your baby's book. Learn how to preserve and present pictures in an album or keepsake.

### **November 19 - Crash Course for Expectant Moms**

Prepare future moms to fully embrace their ultimate healing potential.

### **December 17 - Knitting for Baby**

Learn the benefits of knitting make something warm as the weather gets cooler.

## FITNESS

Including fitness into your lifestyle can help you achieve a great pre/post baby body and mind. Call for dates and times.

### Yoga

- Prenatal
- Baby & Me
- Toddler
- Preschool
- Special Needs Children
- Women's Health
- Senior

### Infant Massage

### Stroller Fit (Summer)

### Dancing for Birth

### Private Classes Available

**\*\*Achieve the ultimate goal of attending your first Mommy Marathon\*\***



## LUNCHEONS

Join us for lunch as professionals discuss various topics about your baby or about being a mom. Babies and breastfeeding are welcomed. Raffles, giveaways and lunch are included.

### **April 23 - Baby Sign Language**

Learn the benefits of communicating with your baby before he or she can use words.

### **May 21 - Sleep Training**

To help foster healthy sleep routines at any age, learn fail-safe techniques that any mom can master.

### **June 18 - Potty Training**

Learn how to get started with potty training, along with other helpful tips.

### **July 16 - Reviving the Post-Partum Body**

Learn the importance of proper body alignment to good health during your pregnancy and recovery from birth.

### **September 17 - Baby ER**

7-8:30 p.m.

Learn what to do in case of an emergency. Please note this is not a certification class.

### **October 8 - Nutrition 101**

Learn about the impact of poor nutrition and how we can spark action to affect change.

### **November 5 - Best Toys for the Holidays**

Learn about the best toys for your children and what items make great gifts.

### **December 3 - Married with Children**

Learn how to laugh more, argue less and communicate better as your family grows.