

Mommy Matters Virtual Series



Tuesday's, 10:30 – 11:30 AM (EST)

Baptist Health South Florida is pleased to invite you to join us for this FREE educational series via Zoom for new and expectant mothers with special emphasis on the following topics: mental health, baby basics, play, prenatal exercise, and more.

<u>Date</u>	<u>Topic</u>	<u>Speaker</u>
December 1	Postpartum Anxiety and Depression	Rachel Rohaidy, M.D. Psychiatrist
December 8	Prenatal Yoga	Carol Mejia
December 15	Less Toys, More Play	Dominique Y. Whitehead, MOTR/L Occupational Therapist
December 22	Baby Basics	Abigail M. Burdick, RN Childbirth Educator
December 29	Pre-K Readiness Skills	Mayra L. Barrera, MOT, OTR/L Occupational Therapist

***New to Zoom? Get it at <https://zoom.us/>.
Meeting ID: 959 6245 7985, Password: zoom***



Baptist Health