

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: play, pelvic health, breastfeeding, prenatal exercise, and more.

| <u>Date</u> | <u>Topic</u> | <u>Speaker</u> |
|-------------|----------------------------------|--|
| November 3 | How to Play With my Baby | Erin Nardini, MS, CCC-SLP Speech-Language Pathologist |
| November 10 | Prenatal Yoga | Carol Mejia |
| November 17 | Your Core, Pelvic Floor and More | Ashley Watts, PT, DPT, WCS Pelvic Health Physical Therapist |
| November 24 | Breastfeeding Basics | Abigail M. Burdick, RN, Childbirth Educator |

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



Baptist Health