

# 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: heart health, behavioral health, baby basics, prenatal exercise, and more.

<u>Date</u>	<u>Topic</u>	<u>Speaker</u>
October 6	Building a Healthy Bond with Your Newborn	Graciela Jimenez, LMFT
October 13	Prenatal Yoga	Carol Mejia
October 20	Heart Health After Baby	Heather M. Johnson, MD, Preventive Cardiology
October 27	Baby Basics	Abigail M. Burdick, RN, Childbirth Educator

***New to Zoom? Get it at <https://zoom.us/>.  
Meeting ID: 931 0677 1410, Password: zoom***



**Baptist Health**