

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: nutrition, behavioral health, baby basics, prenatal exercise, and more.

<u>Date</u>	<u>Topic</u>	<u>Speaker</u>
September 1	Is What I'm Feeling Normal?	Rachel Rohaidy, M.D., Psychiatrist
September 8	Prenatal Yoga	Carol Mejia
September 15	Breastfeeding Basics	Abigail M. Burdick, RN, Childbirth Educator
September 22	Tips to Feed Your Picky Eater	Carla Duenas, Registered Dietitian
September 29	Postpartum: Your Core, Pelvic Floor and More	Ashley Watts, PT, DPT Pelvic Health Physical Therapist

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



Baptist Health