



You've Got This

A new mom's and mom-to-be support group

This is a safe, confidential and nonjudgmental place to share, learn and connect.

Topics include: communication, adjustment, self-care and nutrition.

Special guest speakers include: Massage therapists, pediatricians, health educators and yoga teachers.

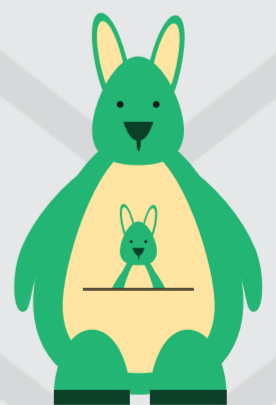
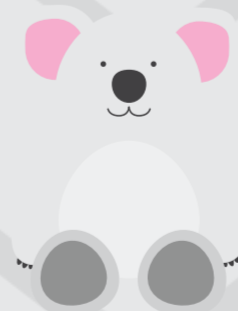
Babies in arms, expecting moms, new moms + support people are welcome to attend.

Free monthly meetings the third Tuesday of each month,
1-2pm

Banner North, 3838 N. Campbell Ave.

Third Floor, Conference Room # 30110

Please check in at the Clinic " i " reception desk



Please RSVP by calling: 1- 800- 230- 2273
or online at: www.bannerhealth.com/230care

For any additional questions, feel free to call
694-4525