

STRONG MOMS STRONG Families

Nutrition and Fitness Group for Pregnant and Postpartum Moms!

All Fitness Levels Welcome



August 24th
10:30 AM
@ Thompson
Park

- ★ **Free Exercise Classes** taught by a Certified Instructor
- ★ **Connect** with, and **support** other moms in the area
- ★ **Nutritionist** available on site to answer questions
- ★ **Playgroup** for your children

HAVE FUN ♥ GET FIT ♥ MAKE FRIENDS

Interested in Participating? Have Questions?



Join our **FACEBOOK** Group:

Strong WIC Moms ♥ Strong Families

