



# Moms' Group 2012

Birth Care Network

*Join us every 3rd Tuesday of the month, 10am-12pm.*

- January 17:** Ask the IBCLC, with Vicki Sanders
- February 21:** Baby's First Food, with Jenny Claire Hoffmann
- March 20:** Family Rhythms & Routine, with Amy Bammel
- April 24:** Baby Sign Language, with Kim Tabler
- May 15:** Mothers' Day Celebration
- June 19:** Intimacy after Baby
- July 17:** Mommy-Baby Yoga, with Amy Carlson
- August 21:** Heartland Music Together demo class
- September 18:** Babywearing, with Shannon Stone
- October 16:** Meal Planning after Baby, with Amy Farnsley
- November 20:** Beyond the Baby Blues
- No December Meeting**

*Contact Clare for more information: [clare.gervasi@gmail.com](mailto:clare.gervasi@gmail.com)  
or visit [www.birthcarenetwork.com](http://www.birthcarenetwork.com).*

## About BCN's Moms' Group

Share your parenting experience! This group provides a laid-back forum to draw on the wisdom and strength of other moms while giving babies and children a chance to interact and play. All mothers are welcome: from moms-to-be to experienced moms. We meet the 3rd Tuesday of the month at Babyology, located in St. Matthews at 3934 Dutchman's Lane. Each free meeting will have time for mom-to-mom support, as well as a special topic, theme, or guest speaker.

**Find us on Facebook** [www.facebook.com/birthcarenetwork](http://www.facebook.com/birthcarenetwork)

