

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: mental health, baby basics, play, prenatal exercise, and more.

<u>Date</u>	<u>Topic</u>	<u>Speaker</u>
January 5	Tummy Time	Jenny Giral, Physical Therapist
January 12	Heart Health After Baby	Heather M. Johnson, MD, MMM, FAHA, FACC
January 19	Your Core, Pelvic Floor, and More	Ashley Watts, PT, DPT, WCS, Pelvic Health Physical Therapist
January 26	Breastfeeding Basics	Abigail M. Burdick, RN Childbirth Educator

***New to Zoom? Get it at <https://zoom.us/>.
Meeting ID: 959 6245 7985, Password: zoom***



Baptist Health