



BABY BASICS: MOMS' CLUB

Baby Basics is a group that provides education and support to pregnant people. Join us and learn more about:

- How to have a healthy pregnancy
- Preparing for labor, birth, and the arrival of your baby
- How to care for a newborn
- Emotional changes and challenges
- Breastfeeding and nutrition
- Family planning

Call 347.571.2792 to register.

ADMISSION IS FREE.

Participants should consult with their physicians before undertaking any exercise, nutrition, or health-improvement program.

**Wednesdays, April 10 - May 1
10 am**

LEFRAK CITY

98-30 57 Avenue, Corona

718.592.7677

M or **R** to Woodhaven Blvd. or 63rd Drive
Walk 5 blocks to 57 Avenue.

Q38 Q72 Q88 QM10 QM11

