

Baby Steps

Come join other new parents with your baby in an informal group setting. You will receive helpful information, make new connections, as well as gain support, for your baby's journey through the first year of growth and development.

***NEW DAY & TIME!!**

Meets: Wednesday at the Center for Health Promotion, 230-7300
49 South Main Street Suite 201

Cost: **FREE!!** 10:00-11:30 No registration required
Facilitated by Tina Deshaies, ICCE, HBCE

<u>Date</u>	<u>Topic</u>
March 5	Infant Massage <i>Mahreahnnah Ostroth, LMT</i>
March 12	Natural Products for You & Baby <i>Deborah deMoulpied, Owner of Bonafide Green Goods</i>
March 19	Baby Nutrition <i>Traci Komorek, RD</i>
*March 28	Baby Sign Language <i>Devon Burch</i>
April 4	Cloth Diaper and Baby Wear Demo <i>Jaime Caryl-Klika, Petite Fleur Doulas</i>
April 11	Sleeping Concerns for Baby <i>Gail Gettens, St. Paul's Learning Center</i>
April 18	Breastfeeding & Going Back to Work <i>Holly Mielcarz, RN, IBCLC</i>
April 25	Social <i>A time to share a dish and meet others</i>
May 2	Dogs & Baby Safety <i>Helen Nichols of No Monkey Business Dog Training</i>
May 9	Infant Massage <i>Michele Avery, Lmt</i>
May 16	Ask a Physician <i>Dr. Lowne, Do Pembroke Family Physicians</i>
May 23	Kindermusik <i>Cathy will be doing class demo</i>
May 30	Social <i>A time to share a dish and meet others</i>
June 6	Breastfeeding & Going Back to Work <i>Holly Mielcarz, RN, IBCLC</i>
June 13	Music & Your Baby <i>Heather Oberheim, Concord Community Music School</i>
June 20	Baby Massage <i>Mahrheahnnah Ostroth, LMT</i>



CONCORD HOSPITAL

Center for Health Promotion

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