

Parents-to-be

We have what you're looking for!



FIT4MOM

You Choose - In Person, Virtual, Hybrid

Prepare for Labor, Birth & Beyond

- Pregnancy Basics (Free)
- Labor Management - Home to Hospital
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- Your Core & Pelvic Floor
- Breastfeeding
- Baby Care Basics
- Infant & Child CPR and Safety
- New Mother's Group

And we offer other **Fit4mom** programs
Stroller Strides, Strides 360 & Run Club+

www.familycfa.com

FALL
2023
WINTER
2024



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CFA, Inc. / Fit4mom
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