

Are You
Pregnant?
Congratulations!



It's time for you to register for

Pregnancy Basics

with Mary Kahrs, BS, MA, FACCE, BSS - CFA, Inc./Fit4mom

It's Fun, Interactive & Free!

Choose a date then register through the CFA website

www.familycfa.com/pregnancy-basics

or use the **QR code**, call or text us **631-360-2880**

Additional dates on listed on the website.

Tuesdays, 7 - 8:30pm

Nov. 7, Dec. 5

Thursdays, 7 - 8:30pm

Oct. 26, Jan. 11, Feb. 8



CFA, Inc./Fit4mom will send confirmation.

