

For New Moms

Harness your Mom Power! Join our

New Mother's Group



Time for Mom chat,
learn a little, get a lot,
build your confidence

You choose

Virtual - Hybrid - In Person
Visit our website for more details.

Enroll today.

You'll be so glad you did!

AND THERE IS MORE! Do you want to get your body moving, meet other moms & spend time with your baby? Check out our Fit4mom classes.



- Stroller Strides
- Strides 360
- Run Club

Ask about our monthly

- Mom's Night Out
- Free Playgroups
- Daytime Meetups



www.familycfa.com



FIT4MOM[®]

call/text 631-360-2880