

OCTOBER HIGHLIGHTS CFA, Inc./Fit4Mom



FREE Pregnancy Basics

Thursday, Oct. 26, 7pm - 8:30pm (in person or Zoom)



Labor Management – Home To Hospital

Wed. **Oct. 11,** 7pm - 9:30pm (Zoom only) <u>or</u> Sunday, **Oct. 15,** 10:30am - 1 pm (in person or Zoom)



Labor Progress- Keep It Moving

Wed. Oct. 18, 7pm - 9:30pm (Zoom only) or Sunday, Oct. 22, 10:30am - 1pm (in person or Zoom)



Power of Pushing & Meeting Your Baby

Wed. **Oct. 25,** 7pm - 9:30pm (Zoom only) **or**Sunday, **Oct. 29,** 10:30am - 1pm (in person or Zoom)



Your Core & Pelvic Floor

Saturday, Oct. 28, 10am - 12 noon (in person)



Baby Care Basics

Mon. **Oct. 30,** 7pm - 9:30pm (in person)



Infant, Child, Adult CPR & Safety

Sat. Oct. 14, 10am - 12n0on (in person)



New Mother's Group

Next series - **Sept. 28, Oct. 5, 12, 19, 26**Thursdays, 1:30pm - 3pm (in person or Zoom)



Our Fit4Mom Stroller Strides <u>and</u> Strides 360 fitness classes are available 7 days a week



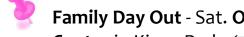
Free Playgroup - Halloween Theme

Sat. Oct. 21, 10:30am at CFA in Kings Park



Mom's Night Out - Wed. **Oct. 18**, 6pm - 8:30pm at **DUBCO Brewery** in Bay Shore. Great company, food & fall beers! (For details, check our website's EVENTS

page)



Family Day Out - Sat. Oct. 28, 11am - Pumpkin Decorating at Sprouts Garden

Center in Kings Park. (For details, check our website's EVENTS page)



Fall schedule of parent-child programs & special "Drop Off" programs for preschoolers, 3-5 years old. See our website's homepage for details.

COMING UP In NOVEMBER ...

Breastfeeding A-Z

Thurs. **Nov. 9,** 7pm - 10pm

(in person or Zoom)





Established 1981 Mary R. Kahrs, Executive Director **60 East Main Street** Kings Park, N.Y. 11754 631-360-2880

CFA-Fit4Mom Celebrating 40+ Years!

From pregnancy into parenthood, we're with you every step of the way!



For Parents-to-be

- Free Pregnancy Basics
- **Labor Management**
- **Labor Progress**
- Power of Pushing
- Your Core & Pelvic Floor
- **Breastfeeding Class**
- **Baby Care Basics Class**
- Infant, Child & Adult CPR

For Everyone

Infant, Child & Adult CPR

For Moms of all ages and stages of motherhood

Fit4mom fitness classes

- Stroller Strides
- Strides 360
- Run Club+

We are a PROUD **Volunteer Steward** of a

Little Free Library, located right in front of our office. Come visit!

For Parents and Children -Moms, Dads, Grands, Caregivers

- Fun For Wee Ones
- Stay & Play
- Separation with Ease
- Free All Age Playgroups
- **Tot Music**

For New Parents

- New Mother's Group
- Fun For Wee Ones
- Infant, Child & Adult CPR'
- Stroller Strides
- Infant, Child & Adult CPR

For MOMS

of all ages and stages of motherhood

Monthly Events

- MNO (Mom's Night Out)
- Mom's Daytime meetups
- Free All Age Playgroups

See our Events Page for details

For Preschoolers ages 3-5 **Drop Off Classes:**

- PJ Party
- Snack Pack Café
- Dino Day
- Science Time
- **Art Smarts**
- Out Of This World