

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!

This class is offered  
1 evening a month, 7-8:30pm

Dates listed on the website.  
[www.familycfa.com/pregnancy-basics](http://www.familycfa.com/pregnancy-basics)

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



FIT4MOM