

APRIL HIGHLIGHTS CFA, Inc./Fit4Mom

- FREE Pregnancy Basics Tuesday, April 9, 7pm - 8:30pm (Hybrid)
- Labor Management Home To Hospital Sun. Apr. 7, 10:30am - 1pm (Hybrid)
- Labor Progress– Keep It Moving Sun. Apr. 14, 10:30am - 1pm (Hybrid)
- **Power of Pushing & Meeting Your Baby** Sun. **Apr. 21,** 10:30am - 1pm (Zoom only)
- Baby Care Basics Mon. Apr. 15, 7pm - 9:30pm (zoom only)
- Infant, Child, Adult CPR & Safety Sat. Apr. 20, 11am - 1pm (in person only)

COMING UP In MAY 2024 ...

New Mother's Group - series **Thursdays: 1:30pm, 5/2, 9, 16, 23, 30** (Hybrid)

Breastfeeding A - Z Thurs. May 16, 7pm - 10pm (Hybrid)

16th Annual Sounds of Silence 10K Run/ Walk Saturday, May 18, 8am Go to: familycfa.com/community-run-walk

Fit4Mom Stroller Strides <u>and</u> **Strides 360 fitness classes are available 7 days a week** (go to: familycfa.com or suffolkcountywest.fit4mom.com)

Special Walk/Run Events: StrongHer LI 4K Sat., Apr. 27, 8:30am Kids Race &
9am Adults Walk/Run, Holtsville Ecology Center <u>AND</u> LI NEDA Walk, Sun. Apr. 28,
9am, Sunken Meadow State Park, Field 3, Kings Park. Go to: familycfa.com/community-run-walk

Pelvic Floor - Through The Years, Mon. Apr. 8, 6:30pm - 8:30pm (in person only)

Free Playgroup - Sat. Apr. 27, 10:30am, "Cinco De Mayo Celebration" at CFA, 60 E. Main Street, Kings Park

Mom's Night Out - Tues. Apr. 16, 7pm - 9pm, Cooking Class at Kerber's Farm in Huntington. Call for more information and to register.

Book Club for Moms - Wed., **Apr. 24,** 7pm (Hybrid) at CFA, 60 E. Main St., Kings Park (Book Club meets last Wed. of every month).



Spring schedule of parent-child programs & special enrichment programs for preschoolers, 3-5 years old. See our website's homepage for details.



For detailed information or to register for any of our programs, scan QR code or visit familycfa.com or call/text us at 631 360-2880

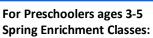
Call or text us at 631 360-2880+familycfa@aol.com+CFA, In c./Fit4Mom+60 E. Main St., Kings Park



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!



Bunnies & Chicks •

- **April Showers**
- Birds & Bugs
- Earth Day
- Cinco de Mayo
- **Celebrate Moms**
- Rainbows
- How Your Garden Grows

For MOMS

of all ages and stages of motherhood Monthly Events

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

We are a **PROUD** Volunteer Steward

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

For New Parents

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

For Everyone Infant. Child & Adult CPR

For Parents and Children -

Moms, Dads, Grands, Caregivers

- Fun For Wee Ones
- Stay & Play
- Separation with Ease
- Free All Age Playgroups
- Tot Music •
- "My Grown-Up & Me" Pop-Up classes. •
- Bebes Of The Island classes



For Moms of all ages and stages of motherhood Fit4mom fitness classes

- Stroller Strides •
- Strides 360
- Run Club+ •
- Pelvic Floor –all age

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