



# Movin' mamas

## New support group for new Moms and Moms-to-be.

No one understands the joys and challenges of motherhood like other Moms. Crying or comforting? Cloth or disposable? Co-sleeping or crib? So much to learn, all while sleep deprived.

Welia Health is happy to introduce a new support group where you can share your experiences, get advice and strike up new friendships.

Connect with other moms, get your steps in as you walk and talk, and hear from Welia Health providers on the most asked about topics in postnatal care. New topics will be covered each session.

Tuesday, February 4	5-6pm	Self care
Tuesday, May 5	5-6pm	Developmental milestones
Tuesday, June 2	5-6pm	Workin' mama struggles
Tuesday, September 1	5-6pm	Food progression
Tuesday, September 29	5-6:pm	Mom guilt
Tuesday, December 1	5-6pm	Holiday craft prep

No childcare? No worries. Bring your kids! Everyone is welcome!

Group is free and open to all. Registration requested.  
 Call **320.225.3586** or email [wellnesscenter@WeliaHealth.org](mailto:wellnesscenter@WeliaHealth.org).

Community Wellness Center • 200 N 9th St, Mora

