



Moms' Group

Birth Care Network

join us 4th Monday of the month, 10am-12pm

June 28: Cloth Diaper How-To's, with Stacie Walker, LMT, CD(DONA), LCCE, owner of *Fannies Diaper Service, LLC*.

July 26: Extended Breastfeeding: Benefits & Tips, with Amy Bammel, La Leche League Leader

August 23: Heartland Music Together Demo Class

September 27: Q & A Session with a Homebirth Midwife

October 25: Car Seat Safety: Benefits of Leaving Your Child Rear-facing, with Angela Garvin, LCCE, CPST

November 22: Nutrition & the Holidays, with Ashley Benz, BHS, CLC & Denise Romney, CD(DONA), Certified L.E.A.N Coach

December 27: No meeting this month

Contact Ashley for more information: ashleybenz@gmail.com
or visit www.birthcarenetwork.com

About BCN's Moms' Group

Share your parenting experience! This group provides a forum to draw on the wisdom and strength of other moms while giving babies and children a chance to interact and play. All moms are welcome: from moms-to-be to experienced moms. We meet the 4th Monday of the month at Babyology, located in St. Matthews at 3934 Dutchman's Lane. Each meeting will have time for mom-to-mom support, as well as a special topic, theme, or guest speaker.