Mommy & Me
7-week educational series on Mother and Baby Health

October – November 2017

In collaboration with Aitkin Community Education, Mommy & Me is a 7-week educational series on mother and baby health topics presented by Riverwood Healthcare professionals.

These informal classes, to be held from 12 to 1 PM on Wednesdays, are for mothers with infants up to 1-year-old.

Lunch provided at no cost.

Attend one or more classes as desired.

Registration Required
Call Riverwood at (218) 927-5188 or email healthyliving@riverwoodhealthcare.org

OCT 4
Challenges of Being a New Mom & Coping with Postpartum Depression
Megan Workman, DNP, Certified Nurse Midwife

OCT 11
Infant Feeding and Lactation
Mary Belz, RN & Beth Ambuehl, RN, Certified Lactation Consultants

OCT 18
First Year of Infant Development
Immunizations, Common Ailments, Behavior Stages, Developmental Milestones
Dr. Erik Bostrom, Family Physician

OCT 25
Safe Sleep for Babies
Mary Belz, RN & Beth Ambuehl, RN

Tummy Time Exercises for the Little One
Amanda Genz, Pediatric Occupational Therapist

NOV 1
Pelvic Health Therapy
Jessica Johnson, Physical Therapist

NOV 8
Weight Management Struggles & Solutions
Dan Schletty, Health & Wellness Coach

NOV 15
Nutrition after the Pregnancy
Megan Perpich, Registered Dietitian

Talking Tots: Your Child's Speech Language and Social Development
Amanda Rumpca, Speech-Language Pathologist

Classes meet Wednesdays from 12 to 1 PM in Aitkin at Riverwood Healthcare Center, Meeting Room F.

Riverwood
HEALTHCARE CENTER
Together we will.

Aitkin + Garrison + McGregor
www.RiverwoodHealthcare.org

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