

MOMMY SUPPORT GROUP



*Support group for mommies
of children under one.*

Driven by your questions.

Topics include:

- *Nutrition for baby
(and you)*
- *Healthy sleep*
- *Developmental milestones*
- *Effective time management*

Tired?

Overwhelmed?

**Juggling baby, home,
and demands of work?**

**Wondering if you'll ever
find "BALANCE"?**

Join us!

When:

Saturdays, 10-11 a.m.

Where:

Santa Monica Bay Physicians

Palisades Office

881 Alma Real Drive, #214

Pacific Palisades, CA 90272

For more information or to sign up:

310-459-2363

Led by family physician & mommy

Julia Blank, MD

Classes are \$40 each; \$150 for 4

Payable in advance at time of registration

Class size limited to 8 moms. Babies welcome!