

MONDAY MOTHERS GROUP

Meets Mondays from 1 to 2:30 at Bini Birth Loft
5355 North Cartwright Avenue Unit 313 in
North Hollywood 91601

DECEMBER 12TH Keeping Children Healthy: Making
Immunization Choices and What to Do for Fever and Colds

DECEMBER 19TH Baby Wearing 101: Laura Brown
certified Baby Wearing Instructor

WINTER BREAK

January 9th ABIGAIL MORGAN acupuncturist/self care
for moms

January 16th INFANT MASSAGE WITH SEVA SIMRAN
SIRI KAUR KHALSA

January 23rd Tushies So cute Yet so Complicated: Cloth to
disposable and everything in between: Special Guest: Laura
owner of Blessed Bums cloth diapering service to dispel myths of
cloth diapering.

January 30th Organic Panic/ Feeding Yourself and Baby
Organic Panic: Feeding yourself and your family in a healthy and
budget friendly way! Recipes, tips and tricks for even the busiest
mom to get fed, feed and nourish herself so she can get back to
nourishing others! Plus introducing solids and best first foods