



*Because babies don't come
with user manuals*



Baby & Me & Husband Make 3

Participants will learn:

- 7 Baby Basics
- What to Eat
- When to Exercise
- What about Dad?
- **\$5 fee** includes “Live Right Now” book & healthy snack (payable at door)

Date: Saturday, May 6

Time: 6:00 - 8:00 PM

Location: Pastoral Center
305 7th Ave North
St. Cloud MN 56303

Sponsor: Office of Marriage & Family
Diocese of St. Cloud
320-252-4721

Pre-Registration ~ www.surveymonkey.com/r/BecauseBabies

Heather Sukut Certified Health Coach, Lactation Counselor & Pre/Post-Natal Fitness Instructor

Momma Nurture ~ food ~ fitness ~ fellowship heather@mommanurture.com www.mommanurture.com