

Mommy Matters Lecture Series

Tuesdays, 10:30 – 11:30 AM (EST)



Baptist Health South Florida is pleased to invite you to join us for this FREE educational series via Zoom for new and expectant mothers with special emphasis on the following topics: mental health, baby basics, play, prenatal exercise, and more.

**** Summer Schedule – weekly lectures resume in the fall***

<u>Date</u>	<u>Topic</u>	<u>Speaker</u>
June 8	Heart Health After Baby	Heather Johnson, MD Preventive Cardiologist
July 13	Your Core, Pelvic Floor & More	Ashley Watts, PT, DPT, WCS, Pelvic Health Physical Therapist
August 10	The Evolution of a Mom's Identity	Karyn Rosenberg, LCSW, PMH-C Psychotherapist

***New to Zoom? Get it at <https://zoom.us/>.
Meeting ID: 997 8887 9972, Password: zoom***



Baptist Health