



## Virtual MOM Networking Group

Expecting a baby?  
Or did you recently welcome a baby?  
Join us every Wednesday to share tips, challenges  
and successes!  
10:30am—12pm et



Complementary service for NC Women's Hospital  
patients, call **984-974-8882** or register at

**[NCHealthyWoman.org](http://NCHealthyWoman.org)**

Facilitated by experienced instructors and moms:  
Pam Freedman, Julie Cooper and Megan Stauffer

