BABY AND ME

MEET UP

4:00 PM – 5:00 PM

2ND AND 4TH THURSDAY EACH MONTH

Freeport Public Library

2nd Floor

Upcoming Topics with Guest Speaker:

August 27th – Baby Led Weaning

September 24th – Infant Massage

October 8th – Moving Beyond Depression

Lactation support and free weight checks for baby

A safe, judgment-free space to share

Partners and older children are welcome

No registration required. Just show up!

Questions? Call (815-541-7557)

HEALTH

This Institution is an equal opportunity provider

Mercyhealth

A passion for making lives better.