



NEW

Fun for Pregnant Moms

Helping you prep for baby's arrival!

Fun activities, yummy snacks, and pregnancy tips & tricks:

- ✓ Healthy eating & safe exercises for mom
- ✓ Communicating with baby
- ✓ Car seat safety, child-proofing & more

When | Tuesdays, 1:00 – 2:30 p.m.

Where | Eccles Branch (55 Eccles St.)
Somerset Room, 3rd Floor

To register | Call Bonnie at 613-238-8210 ext. 2352

*Starts Sept 19
Bus tickets
provided*

