



FEED YOUR BODY, MIND & SPIRIT

Join us for fellowship, education, and support to care for your physical, mental, and spiritual needs!

A free snack or meal will be provided during these brief educational sessions followed by a short devotion. Those attending each session will also receive a devotion bag as well as several baby supplies that go along with each of the specific topics.



Tuesday, August 15 at 5-6p

Topic: Child and Infant Nutrition

Tuesday, August 29 at 5-6p

Topic: Basic First Aid and Child Safety

Monday, September 11 at 3-4p

Topic: Car Seat Safety and Safe Sleep

Monday, September 25 at 3-4p

Topic: Postpartum Self-Care



Space is limited. Sign up by calling the Hannah Center or speak to a Hannah Center staff member.

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