

Baby Palooza July 21st

SEMINAR TIMES:

10AM Belly to Baby - 7 Tips for a Healthy Baby.

Find out why families utilize chiropractic care from preconception on through the development of the child. We will also provide 7 tips for a healthy pregnancy and baby.

Dr. Jennifer Anacker, Anacker Clinic of Chiropractic, P.C.

11AM Healthy Sleep Habits for Babies and Young Children.

Help your child sleep better tonight! Learn 7 sleep tips that you can implement right away to help teach your child sleep more soundly.

By Amanda Medley, Sleep Well Children Consulting

12PM Breastfeeding Basics: getting off to a great start!

Whether you plan on exclusively breastfeeding, bottle & breastfeeding or returning to work full time, this is the seminar for you! Learn what you need to know to get your breastfeeding journey off to a great start to help you meet your goals!

By Carrie Anstrand, MA, BSN, RN, LCCE, IBCLC, Owner, Simply Birth & Baby

1PM Keeping Your Baby Safe; ABC'S of Safe Infant Sleep.

Free Halo SleepSacks to those who attend the class!

By Liz Montgomery, Exec Director & Safe Sleep Educator, Inland Northwest SIDS Foundation, Inc.

2PM Staying Healthy and Active Through Pregnancy and Beyond.

By Fit4Mom