

	MONDAY AUGUST 10	TUESDAY AUGUST 11	WEDNESDAY AUGUST 12	THURSDAY AUGUST 13	FRIDAY AUGUST 14
8 am- 9 am	“What is a Doula?” Cheryl Gullo Mother’s Gift		“What to Expect 1 st Year and Beyond.” Dr. Jen Colyer Southlake Peds	“Multiples” Dr. Kathleen Cusick Charlotte OBGYN	“Breastfeeding Q & A” Ms. Sandy Jarvis Southlake Peds
9 am- 10 am	Mommy and Me- play and music for kids Cheryl Gullo Mother’s Gift	“Babyproofing Basics- Creating a Safe Home.” Mike Bost Palmetto	Red Cross Infant CPR Jim Prive	Mommy and Me- play and music for kids Cheryl Gullo Mother’s Gift	
10 am- 11 am		“Going Back to Work- Options for Day Care” Cheryl Gullo Mother’s Gift		“Babyproofing Basics- Creating a Safe Home.” Mike Bost Palmetto	“Doulas- the Perfect Addition!” Cheryl Gullo Mother’s Gift
11 am- 12 pm	Water Aerobics Taryn Omni Pool	Water Aerobics Taryn Omni Pool		Water Aerobics Taryn Omni Pool	Water Aerobics Taryn Omni Pool
12 pm- 1 pm			Health Fair- Participating vendors		Baby Shower- Participants to pick up goody bags
3 pm- 4 pm	Pre Natal Yoga Litsa Yoga Studio		Pre Natal Yoga Litsa Yoga Studio		Pre Natal Yoga Litsa Yoga Studio
5 pm- 6 pm			“Cord Blood Banking- Understanding Your Options.” Eric Cohen Viacord	“Happy Baby” Cheryl Gullo Mother’s Gift	
6 pm- 7 pm				Post Natal Core Workout and Discussion Megan Yoga Studio	

WEEK LONG EVENTS AND INFORMATION

SPA TREATMENTS

SUGAR SCRUBS \$115/75 MINUTES
AROMATHERAPY OILS ADDED TO ANY TREATMENT \$5
15 MINUTE HAND & FOOT MASSAGES \$15
PRE-POST NATAL MASSAGE \$50/30 MINUTES OR \$90/HOUR

COST

FREE- ALL MEMBERS
\$25- FOR NON-MEMBERS
PURCHASE WEEK VOUCHERS AT THE FRONT DESK

DROP-OFF DAY CARE

\$5/ HOUR WITH A 4 HOUR MAXIMUM TIME LIMIT PER CHILD
PRE-REGISTRATION AND RESERVATIONS REQUIRED
PARENTS MUST SIGN A DROP-OFF AND RESPONSIBILITY WAIVER OF RELEASE
\$7/ HOUR FOR DROP-OFFS WITHOUT A RESERVATION
\$1/MINUTE FOR OVERAGE TIME
HOURS: 7:30 AM- 2 PM AND 5 PM- 8 PM
AGES: 6 MONTHS- 10 YEARS

STAFF: \$2/HOUR FOR STAFF MEMBERS WITH PRE-REGISTRATION

HEALTH FAIR

FREE- ALL MEMBERS
WEDNESDAY AUGUST 12 NOON-1 PM
20 AREA VENDORS AND BUSINESSES WITH RAFFLE PRIZES AND GIVEAWAYS
SIGN UP AT VENDOR BOOTHS TO RECEIVE A BABY SHOWER GOODY BAG

BABY SHOWER

GOODY BAGS FOR ALL WEEKLY PARTICIPANTS
PRE-REGISTRATION REQUIRED
CONTACT TARYN LEVINE OR SIGN UP AT THE FRONT DESK

PARKING

VALIDATED 2 HOUR PARKING IN THE BANK OF AMERICA LOT FROM 5 PM- 8-PM

