

# Be more fit for you & your family too.



**The healthier you are, the better chance you will have a healthy baby.**

*B'more Fit for Healthy Babies is a FREE voluntary program which offers approaches to keep mothers healthy. Together, we will work with you to help you...*

## Lose Weight.

**Learn how to lose weight in a supportive group setting, with proven approaches to keep mothers healthy!**

## Be More Active.

**Join women just like you for fun group activities such as Zumba, aerobics, and fitness training by professional and supportive instructors.**

## Eat Healthier.

**You'll learn how to buy and prepare healthy foods that fit your budget and your lifestyle.**

This program is currently being offered at convenient locations in the following communities: Park Heights, Patterson Park North & East, and Upton/Druid Heights. Childcare and transportation support are also offered free of charge, on a first-come, first-served basis.

**REGISTER NOW!** For more information, go to [www.healthybabiesbaltimore.com](http://www.healthybabiesbaltimore.com) or CONTACT:

**DRUM for Healthy Families**  
410-225-3555

 **B'more Fit for  
Healthy Babies**  
*Every baby counts on you*

*Leonard & Helen R. Stulman*  
CHARITABLE FOUNDATION



*Office on Women's Health  
Department of Health and Human Services*