

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 or CONTACT:

Park Heights Community Health Alliance
410-542-8190

 **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*