



November 2014

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
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2	3	4	5 Pilates & Stretching (10-11am) *Women Only	6 **** NUTRITION (10-11:30am)	7	8
9	10	11 Bonding with your Body (1-2 pm)	12 Pilates & Stretching (10-11am) *Women Only	13 **** Cooking w/ Lori (10-11am) *At St. Mary's Star of the Sea	14	15
16	17	18 *Bonus* Parent Topic Night 7 pm *At Morning Star	19 Pilates & Stretching (10-11 am) *Women Only	20 **** NUTRITION (10-11:30am)	21	22
23	24 Breastfeeding LLL (10-11am)	25	26	27 CLOSED FOR THANKSGIVING	28 CLOSED	29
30						

Earn a point and a bundle of diapers every time you attend parenting class. If you bring the Father of the Baby or a Support Person, sign up in advance, or be on time—you can earn extra points!! Father of the Baby will also earn a bundle of diapers.

You can earn up to 4 points for each parenting class!

notes

Class must relate to your current situation. Don't miss out on these great classes this month!

****Cooking Class sponsored by the Junior League

*Crib Club will not be open after the Pilates & Stretching class—Sorry for the inconvenience.

****BONUS PARENTING CLASS**—At Morning Star Health & Birthing Center (1730 East Superior St.-(218) 722-2700)

Attend their Parent Topic Night on Nov. 18, 2014, meet their doulas & earn 2 points!!! (Please get confirmation of your presence by a staff member) Please note- Child Care will not be provided—Sorry.