



# Health & Wellness

# WEEK

October 11–15, 2021

## FREE ZOOM CLASSES FOR NEW & EXPECTING MOTHERS

Join the Prematurity Prevention Initiative for a week of virtual yoga, meditation and food demonstration classes designed to help you stay healthy and feeling your best throughout pregnancy and after giving birth. **All classes are free and easy to access via Zoom. Attend all sessions for a chance to win prizes!**

**Monday,  
October 11**

12 PM – Yoga

6 PM – Meditation

**Tuesday,  
October 12**

12 PM – Yoga

2 PM – Food Demo

**Wednesday,  
October 13**

6 PM – Meditation

**Thursday,  
October 14**

12 PM – Yoga

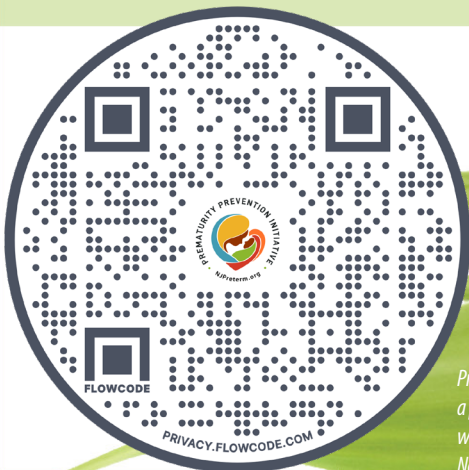
6 PM – Diabetes Chat  
& Step -Up Challenge

**Friday,  
October 15**

12 PM – Yoga

6 PM – Meditation

To register, visit  
<https://bit.ly/PPIWellness>  
or scan the QR code.



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