

RURAL MOMS

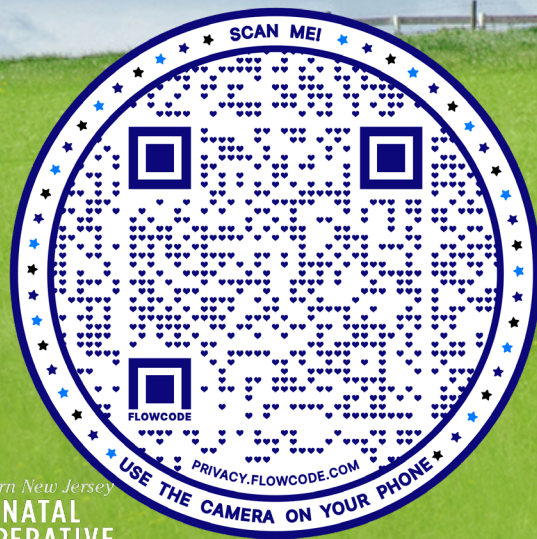
MEETUP

Rural Moms Meetup is a space where Salem and Cumberland County moms (and other caregivers of young children) can talk about the importance of their family's health and ways to access resources in their community. Meetups are held monthly via Zoom and each session provides information on a key health topic as well as resources that can improve a family's health and wellbeing.

RECEIVE A FREE GIFT!

-IF YOU ARE AMONG THE FIRST 30 PEOPLE TO REGISTER AND ATTEND OR...

-IF YOU BRING THE MOST PEOPLE WITH YOU TO THE EVENT
Must live in Cumberland or Salem County to be eligible for gift.



JOIN OUR NEXT SESSION!

May 19, 2022 • 1 PM
**Breastfeeding & Mother
Child Mental Wellness**

presented by Ashley Morston, Breastfeeding Peer Counselor

TO REGISTER VISIT
<https://bit.ly/BFMentalHealth>
or scan the code