

Mom-Me Time



WOW

February 6th

5:30 p.m.

Repeating with a new topic on the
first Thursday of each month!

Heart Healthy Habits

*Do Your Part
to Care for Your Heart*



Take home a
complimentary gift
*while supplies last

Presented by:



Light meal for Moms.
Childcare available
for 0-7.

Light snack for children.

Please call ahead if you need
childcare.

209-257-1092



Meet Sara Rader, MS, NCC, LPCC

First 5 Amador
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Jackson

Sponsored in part by the Mental Health Services Act

