JANUARY 2020 SCHEDULE– Check out our website for descriptions/details @ [www.postpartumplace.com](http://www.postpartumplace.com)

\*= included with PPP membership $125/mo (otherwise groups $15 & classes $85 for non-members)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| 29 | 30 | 31**\*Moms/Babes****Mingle & Meditation** 10:30 | 1**Babywearing Class****10am** | 2**\*Moms Group**10:30-12:30 | 3 | 4 |
| 5 | 6 | 7**\*Moms/Babes****Mingle & Meditation**10:30 | 8**\*Working & BF class**10 am | 9**\*Moms Group**10:30-12:30 | 10**\*PMAD group 10:30 am****(upstairs w/Laura)** **\*Infant Massage Class**10:30am | 11 |
| 12 | 13 | 14**\*Moms/Babes****Mingle & Meditation** 10:30 | 15**\*Starting Solids****Baby-Led****Class** 10am | 16**\*Moms Group**10:30-12:30 | 17\***Tummy Time Tune-Up! 10:30** | 18 |
| 19 | 20 | 21**\*Moms/Babes****Mingle & Meditation** 10:30**Infant/Child CPR**7-9 pm ($85/pp) | 22**Let’s Talk Sleep Class****10 am** | 23**\*Moms Group**10:30-12:30 | 24 | 25 |
| 26**\*Julie’s Mindful Parenting Group** **7:30-9 pm** | 27 | 28**\*Moms/Babes****Mingle & Meditation** 10:30 | 29**\* Weaning Class** 10am | 30**\*Moms Group**10:30-12:30 | 31 | **1** |