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)

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| **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** |