

THE BABY BUNCH



Where New Moms Learn, Lunch and Laugh Together

Welcoming a new baby is a wonderful and exciting experience - but no one ever said it was easy. In fact, the first year of motherhood can be overwhelming. That's why Florida Hospital for Women created The Baby Bunch, a weekly gathering for moms of young babies ages newborn to 12 months old.

This innovative support group provides a community for mothers to discuss a wide range of topics including feeding options, infant development and maternal health. It's a place for new moms to meet each other and gain new confidence as parents. Breastfeeding and bottle-feeding moms are welcome, and benefits include:

- Expert support and advice
- Tips on keeping yourself and your baby healthy
- Opportunities to meet other new moms
- Guest speakers, interactive discussions and lunch
- Lactation consultants available

Where & When

The Baby Bunch meets weekly at four convenient Central Florida locations. Registration is recommended (but not required) to reserve your spot.

Florida Hospital Altamonte	Wednesdays at 12:00 pm
Florida Hospital Celebration	Mondays at 12:00 pm
Florida Hospital Orlando	Tuesdays at 12:00 pm
Winter Park Memorial Hospital	Fridays at 10:30 am

The cost to attend is \$8.00 per session, or \$20.00 for three sessions (includes mom and baby). Lunch will be provided.

Register to attend at FHBabyBunch.com.

Need additional assistance with breastfeeding? Learn about our one-hour, weekly Breastfeeding Support Group Sessions at FH4WomenOB.com.

