

Project Self-Sufficiency Presents



Baby Beginnings: Baby & Parenting Fair

From Prenatal to Pre-K



Learn about:

The ABC's of Pregnancy & Parenting!

Friday, October 18th
10am—Noon

Get Important Information
About:

- ⇒ Prenatal Nutrition, Fitness & Exercise
- ⇒ Early Childhood Development
- ⇒ Nutrition for Baby and Family
- ⇒ Bedtime Routines
- ⇒ Positive Discipline
- ⇒ Breastfeeding
- ⇒ & More!



Free Baby
Items,
Prizes, &
Giveaways,
Too!

To register,
call 973-940-3500



Project Self-Sufficiency—973-940-3500

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