



MOM Talks

Maternal Wellness

Classes

2024 Fall/ Winter Schedule

JULY 18

"Infant Care at Home"

Dr. Zachary McGalliard, MD at Family Healthcare Center, PC in Statesboro

OCTOBER 17

"Midwifery Care and Homebirth"

Roxanne Spencer, MSN, RN, Certified Nurse Midwife from Richmond Hill

AUGUST 15

"Mommy & Baby Nutrition"

Madison Crockett, RDN & Certified Birth Doula, CBD

NOVEMBER 21

"How We ALL Work Together for Successful Birth Outcomes"

Dr. James Small, MD/OBGYN at Ogeechee OBGYN, Statesboro

SEPTEMBER 19

"Breastfeeding"

Sarah Kent, IBCLC at Sweet Nectar Lactation & Infant Feeding Support in Ogeechee OBGYN, Statesboro

DECEMBER 19

"Exercise and Fitness for Mommas"

Chelsea Burnett, Prenatal & Postpartum Fitness Trainer, 180 Fitness & Empower Women's 24/7 in Statesboro

Free classes 6-8pm
(Every 3rd Thursday)
YMCA Chapel Statesboro

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