



**HEALTHY MOTHERS,  
HEALTHY BABIES**

Coalition of Georgia

# PRESENTS

## a

### **Movement and Education Session**

Join us for a guided mindful movement session, incorporating stretching and mindfulness exercises and engage in a Doula Q&A session. We've got you covered with delicious food, childcare services, and thoughtful gift bags.

Date: Friday, February 9th

Time: 11am-1pm

Location: Dunbar Center Gym

477 Windsor St SW, Atlanta GA 30312

