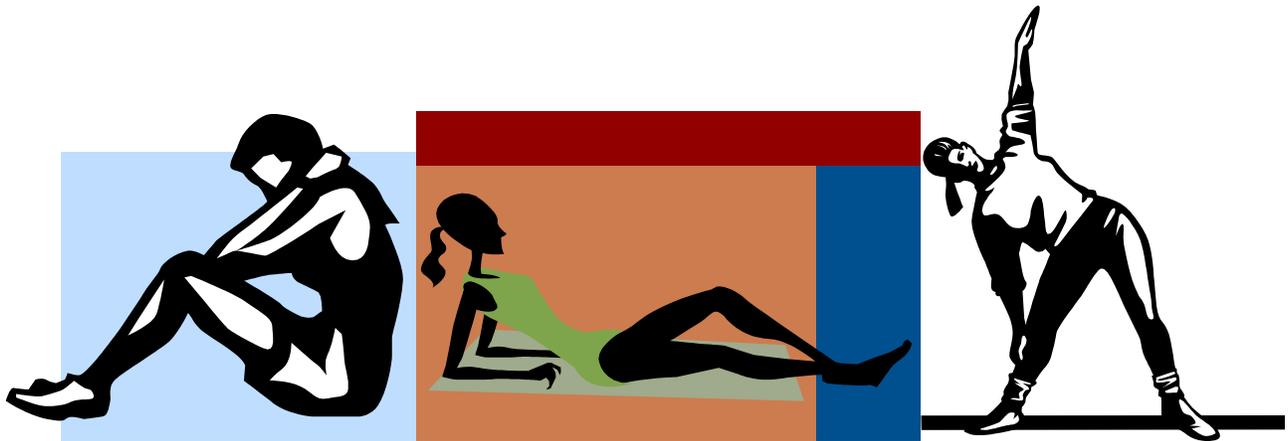




Center for Families

Postpartum Exercise Workshop: Regaining Your Strength After Giving Birth

*Free workshop for mothers living in Cambridge
with babies 0 to 12 months (come with or without your baby)*



Thursday, March 27th

11:30 a.m. to 1 p.m.

**Trolley Square Community Room
2401 Mass. Avenue, Cambridge**

For more information and to register, contact Christine Doucet: 617-349-3003 or cdoucet@cambridgema.gov.



The Center for Families is funded by the City of Cambridge, the Massachusetts Department of Early Education and Care (DEEC), the Children's Trust, Cambridge Public Schools, and the Cambridge Health Alliance.