



FREE Winter Events for Moms

Non-members are welcome.

HEALING THROUGH MASSAGE

Saturday, January 19, 10 am—noon

Discover the benefits of massage for children. Certified Infant Massage Instructor, Marcia Valenzuela, will show us a variety of massage techniques that will help reduce pain and stress, deepen emotional bonds, stimulate healing and growth, and improve sleep in you and your child.



DOLLARS AND SENSE OF BEING GREEN

Saturday, February 16, 10 am—noon

Learn and discuss economical alternatives to the modern disposable and polluting lifestyle. Marie Korba, formerly of EAS Engineering, an environmental consulting firm, shares ideas for reducing and eliminating wasteful habits in our everyday lives. Marie will offer practical and affordable solutions to going “green,” discussing the reasons for change, as well as the pros and cons of each choice. You will have opportunities to brainstorm and add your own ideas and suggestions. Resources will be provided.

WEEKLY PLAYGROUP

Thursdays,

2 pm – 4 pm

Jaycee Park

1230 Hardee Rd
Coral Gables, FL

(behind the
Holiday Inn on US1)



Our monthly meetings are the
3rd Saturday of each month at:



11701 US1, Pinecrest

HolisticMomsOfMiami.com

(786) 201-1692

The *Holistic Moms Network* is a non-profit support and discussion network for all parents.