

# Mommy & Me...have a date

## Special Edition Outside!

Moms and little ones up to 4 years old are invited!

**Thursday, June 6, 2019**  
**10 - 11 am**



**Bubbles**  
**Chalk Art**  
**Crafts**  
**Water & Sand Activities**  
**Raffle Prizes**  
**Snacks!**

**Professional staff will assist with activities and be available to answer questions, speak about resources and give you raffle tickets for our mini tricky tray!**

**Physical Therapy - Nutrition - Exercise - Water Safety - Parenting Tips**  
**Speech - Safe Sleep - Women's Mental Health Well-being**

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\*Please have your child wear clothing and footwear appropriate for possibly getting wet during the water activities.

**Location:** Valley Health and Wellness Center, 1400 MacArthur Blvd., Mahwah  
Secured area within the BACK Parking Lot

**Registration required:** Online at [ValleyHealth.com/Events](http://ValleyHealth.com/Events) or  
call 1-800-825-5391

*Thrive!*  
For Women. For Health. For You.

 Valley  
Health  
System