



MOMentum Moves

Featuring Dr. A'Naja M. Newsome
Exercise Physiologist, Wellness Coach and Maternal Health Expert

Join our wellness workshop series designed for pregnant moms and new moms that are 6 weeks through 6 months postpartum.

All new moms in the first year are welcome!
Workshops are baby/child friendly, so moms can bring their child.

Each session includes hands-on activity, lunch and a Q&A session.



Workshop 1: Nutrition to Recovery and Resilience
May 1, 11 a.m. - 1 p.m.

Workshop 2: Reclaiming Strength After Birth
June 12, 11 a.m. - 1 p.m.

Florida Department of Health in Seminole County
400 W. Airport Blvd. Sanford, FL 32773



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Scan the QR code to register.

