



Get Your Body Baby Ready

Saturday, October 17, 2015

11:30 A.M. - 1:00 P.M.

Presented by:

Alan M. Martinez, M.D.

If you are pregnant or just thinking about it, come and explore different exercises and food and beverages that will support fertility and a healthier pregnancy.

Healthy tea sampling by **Teavana**

For more information or to register, call 1-800-560-9990 or visit MeridianHealth.com

**Meridian Community Resource Center
Freehold Raceway Mall
1st Floor Macy's Wing
3710 Route 9
Freehold, NJ 07728**