

# BABY BEGINNINGS

Baby & Parenting Resource Fair  
*For Parents Prenatal to Pre-K*

**Thursday, August 27, 1:00–3:00 p.m.**

Learn About Preparing For Baby's First Year:  
*Taking Care of Yourself So You Can Take Care of Your Child*



## Get Helpful Information About:

- Prenatal Nutrition, Fitness & Exercise
  - Early Childhood Development
  - Nutrition for Baby & Family
  - Positive Parenting & More!

**FREE**  
Lunch  
& Prizes



**Call 973-940-3500 to Register**



Project Self-Sufficiency – 127 Mill Street, Newton, NJ