

MARCH MUMS

TUESDAY, MAR 4

3 PM 🌸

Synching Into Your Feminine Power



Discover how to align with your natural power by embracing each phase of your cycle. Say goodbye to the 24-hour hormone clock expectation—it's time to honor your unique rhythm and create lasting balance.

TUESDAY, MAR 11

11 AM 🌸

Nourishing Your Home: A Family Guide to Nutrition

Learn practical ways to create a peaceful approach to nutrition, break unhelpful food rules, navigate societal pressures, and foster mindful relationships with food and emotions in your home

**Integrative Health Coach
Ali Culliford**

THURSDAY, MAR 13

9 AM 🌸🌸🌸

Stepping Stones

Motherhood is full of transitions—both the monumental shift into becoming a mom and the smaller, ongoing changes. Let's acknowledge the demands of adaption within motherhood.

TUESDAY, MAR 18

2 PM 🌸

Burnout, Baby, Burnout



Burnout is real, and the challenges of motherhood can amplify it, leaving you feeling overwhelmed and exhausted. In this course, we'll dive into the stages of stress, unpack what burnout truly is, and learn how to navigate stress with a personalized guide to regain balance in your life.

TUESDAY, MAR 25

5 PM 🌸

Speed Skill-Building Event

Join us for a fun and informative speed skill-building event designed to help you tackle common parenting challenges with confidence! Meet a pediatric dentist to learn essential oral care tips, a health coach to foster a healthy home environment for your family, and a swim coach to teach water basics to increase your child's comfort and safety. It's a quick and valuable opportunity to gain valuable skills for everyday parenting moments! Bring a mom friend or your partner to share the wealth of knowledge!

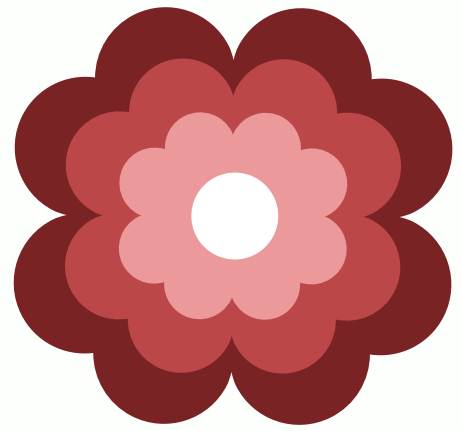
- **LowCountry Kids Pediatric Dentistry**
- **Nurturing Wellness Coach Alexis**
- **Brighton Swim Academy**

ONLINE

Members can participate in the following online courses at their own leisure, allowing for flexible learning that fits into your busy schedule.

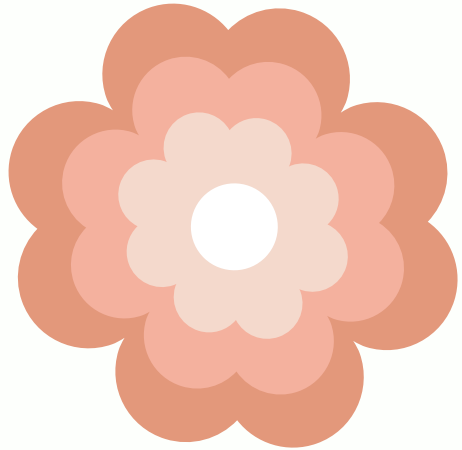
- Synching Into Your Feminine Power
- Stepping Stones Guide
- Burnout, Baby, Burnout





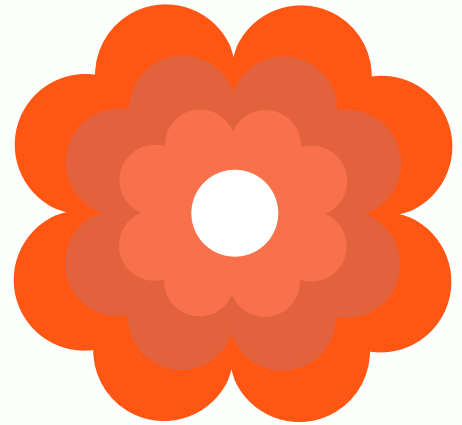
MUMS Members Only

Membership-based event fostering closeness and trust within a consistent, supportive group of moms

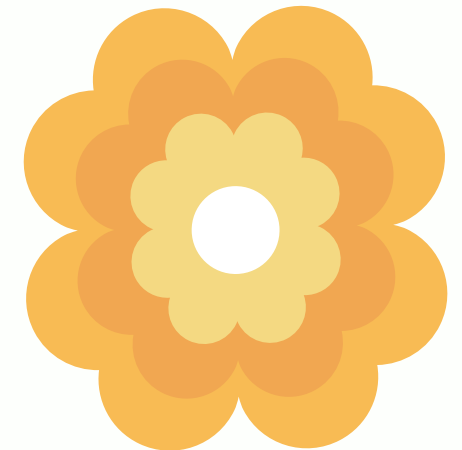


B.Y.O.B.aby

Come show off your baby during this event!

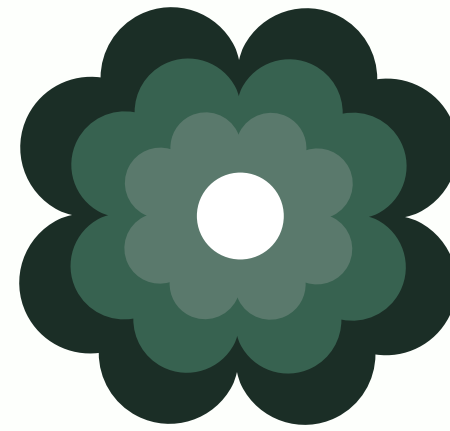


Bloom From Home
Receive access online as well



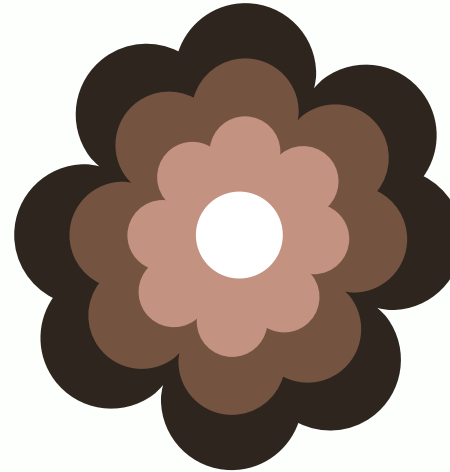
Art

Time for some messiness that YOU are creating! Wear clothes accordingly.



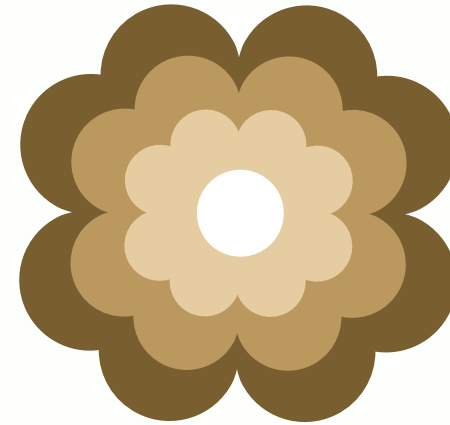
Physical Activity

Prepare to sweat! Active wear encouraged.



Off-Site

Come join MUMS out in the world.



Community

Open to everyone! Bring a friend or your partner!