

MOMS Connect

Gather with other (new) moms in a small, interactive, online session facilitated by Bridges Health students.

Sessions are designed to facilitate connection and reflection in a supportive environment and will focus on holistic, personal wellness.

Details:

6 Tuesdays March 2- April 6th
4-5pm

FREE Live, Virtual Classes

registration required

bridgescommunityhealth@winona.edu

507-457-2891

**participants must have at least 1 child
under the age of 5 & be available to attend 4 classes**



www.bridgeshealthwinona.org