



MATERNAL WELLNESS POSTPARTUM SUPPORT GROUP

**INFANTS UNDER 1YR ARE
WELCOME TO ACCOMPANY THEIR MOMS**

February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
	Viewridge 10:30-11:30	San Marcos 10:00-11:30 Meditation Group		
12	13	14	15	16
	Viewridge 10:30-11:30	San Marcos 10:00-11:30 Meditation Group		
19	20	21	22	23
	Viewridge 10:30-11:30	San Marcos 10:00-11:30 Meditation Group		
26	27	28		
	Viewridge 10:30-11:30	San Marcos 10:00-11:30 Meditation Group		

KAISER PERMANENTE
WEDNESDAYS IN SAN MARCOS
400 CRAVEN RD, 92078; 2ND FLOOR, CLASSROOM A
EVERY TUESDAY AT VIEWRIDGE
5251 VIEWRIDGE COURT, 92123; THE INTEGRATIVE CONFERENCE ROOM

PLEASE CALL TO RSVP CONTINUING CARE SERVICES (619)641-4456
 OR OB GYN DEPT 1-800-290-5000

<http://continuingcare-sandiego.kp.org>

