

**Florida**  
**HEALTH**

Pregnant or just given birth?

**JOIN US FOR**

# **Fitness for Moms**

Presented by:

**Bellies, Babies, and Beyond**

**407-723-5355**



**Work out with us:**

Sunshine Health Welcome Room  
6801 W. Colonial Drive, Suite E  
Orlando, FL 32818

**When:**

March 7, 2026,  
11:30 a.m. - 12:30 p.m.



**Meet other  
moms and  
work out  
together!**