



# A DAY FOR MOM

**ARE YOU A MOM OF A NEWBORN  
OR A SOON-TO-BE MOM?**

**Join us to meet doulas and enjoy light refreshments.**

**11 a.m. - 1 p.m. • Wednesday, Aug. 13  
Sudekum Apartments Community Room**

**101 University Ct.**

**Plus, we'll have fun giveaways including a stroller, diapers, bottles,  
diaper bags, baby hygiene items, baby clothes and more!**

For more information, contact MDHA Resident Services Coordinator  
Shay Fowler at 629-258-1991 | [sfowler@nashville-mdha.org](mailto:sfowler@nashville-mdha.org)



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