

Baby Bump & Beyond Expo

SCHEDULE

10:10 – 10:30 A.M.	Breastfeeding & Skin to Skin <i>Presented by STHS Maternity Center</i>	Texas Room
10:40 – 11:00 A.M.	Importance of Pelvic Floor Health <i>STHS Rehabilitation Center</i>	Cafeteria
11:10 – 11:30 A.M.	Recipes & Nutrition Recommendations for Gestational Diabetes <i>Presented by STHS Clinics/Mayra Olivarez</i>	Cafeteria
11:40 – 12:00 P.M.	Benefits of Placenta Encapsulation <i>Presented by RGV Birth Services</i>	Texas Room
12:10 – 12:30 P.M.	Infant CPR & Infant Choking <i>Presented by RGV CPR</i>	Cafeteria
12:40 – 1:00 P.M.	Prenatal Yoga <i>Presented by Empowering Birth Services</i>	Cafeteria
1:10 – 1:30 P.M.	Pregnancy Empowerment <i>Presented by RGV Birth Services</i>	Texas Room
1:40 – 2:00 P.M.	Perinatal Mental Health: Recognizing & Addressing Anxiety & Depression During Pregnancy <i>Presented by Saname Counseling</i>	Texas Room