



Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

For Immediate Release

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Watertown Mom and Baby Expo Will Offer Super Mom Educational Sessions

April 29, 2014- Watertown, NY – North Country Family Health Center, North Country Prenatal/Perinatal Council, Jefferson County Public Health Service and [Fit4Mom](#) have partnered to bring you the Watertown Mom and Baby Expo with an educational twist. The event will feature over 50 businesses and organizations that will offer family focused services and products to moms, babies, and young children. While not-for-profit organizations will be on hand to educate new moms and moms-to-be on health and parenting.

The event will be held on Saturday, May 3rd from 10am to 4pm at the [Dulles State Office Building, 317 Washington Street, Watertown](#). Admission is free. There will be prizes and giveaways throughout the day. The Jefferson County Sheriff's Office will be giving away a car seat. There will even be activities for the kids.

Throughout the day the area agencies will be providing the following free Super Mom Educational Sessions:

- "In the Fight against Childhood Diseases, Your Baby Needs More Than Cute"
- "Eating for 2: Fact vs. Fiction"
- "Keep the Bun in the Oven"
- "Happy Baby-Happy Mama"
- "Baby Teeth Basics: Taking Good Care of Tiny Teeth"
- "Milk Making Success 101"
- "Dust Off Those Yoga Mats: Healthy Exercise Tips for Pregnancy"
- "Infant Choking & CPR"
- "At One and Two, It's What You Should Do"

For more information about the Mom and Baby Expo go to <http://watertown.fit4mom.com/mom-baby-expo>

