

# Our new addition is all about *your* new addition!



**BABY SHOWER SUNDAY, AUGUST 29 2-5 PM**



**Women'sLink™**  
*baby&me*

**Baby,  
it's new  
inside!**

## **Join us Sunday, August 29 for our Women'sLink Baby Shower!**

It's an afternoon of fun, food, door prizes, and all the latest information on pregnancy and babies! As we celebrate the opening of Phase 1 of our new Women'sLink Women's Services department, you'll be *showered* with loads of great ideas to help you plan for your newest addition—whether you're expecting now, or expecting to expect later!

At the Baby Shower, listen to baby experts discuss important and fun topics, tour our new facilities, and visit vendor tables for goodies and baby ideas. It's an event you won't want to miss! Please RSVP today by calling 972.519.1209. We look forward to seeing you!

### **Baby Shower presentations and activities will include:**

- Breastfeeding: The Healthy Choice for Your New Baby
- Discomforts of Pregnancy
- Yoga: A Healthy, Helpful Way to Deal with a Changing Body
- Choosing a Pediatrician
- Packing Your Diaper Bag...lots of goodies, and lots of tips for active moms on the go!
- Choosing an OB-GYN, your healthcare partner for a lifetime!
- Car Seat Selection and Safety, presented by Babies "R" Us
- Belly photos and "twinkle-in-the-eye" photos by Bella Baby

## **WOMEN'SLINK BABY SHOWER**

**WHEN:** Sunday, August 29, 2010, 2:00 p.m.—5:00 p.m.

**WHERE:** 4001 W. 15th St., Building 3, Suite 315

**Please RSVP today at 972.519.1209!**



**The Medical  
Center of Plano**

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