

Get informed. Get involved.



CHILDREN'S ACTIVITY

MARCH Tuesday, 3/3 @ 10:00am*
Dance Class at Broadway Bound
10580 Loveland Maderia Rd, 451401

Join us for a private dance class for our littles! Cost is \$5/child and is sure to be a great time! Please RSVP to the Evite so that the studio can plan accordingly.



SIP N' LEARN

MARCH Tuesday, 3/10 @ 7:30*
Five Seasons Family Sports Club
11790 Snider Road 45249

Think Pelvic Floor is all about Kegels? Think again! Join us as Stacey Hendricks, DPT, WCS, board certified women's health and pelvic floor physical therapist, not to mention fellow MMom Member, will be presenting Pelvic Floor and Core Basics.

She will explain what the pelvic floor is and does, types of pelvic floor dysfunction, how to know if you have a diastasis recti (abdominal separation), and steps you can take to prevent or heal from injury. She will leave plenty of time for lively discussion and to answer everyone's questions about the pelvic floor and core!



MOM'S NIGHT OUT

MARCH Wed, 3/11 @ 6:30 pm*
Spring Break Nail Prep
Ambiance Salon *in Kroger plaza
11322 Montgomery Road

Get your nails ready for the beach or just to pretend like you're going to the beach! Check out the Evite to request a time preference and nail services.

First round of drinks is on Mom's Night Out! Montgomery Moms will receive a 10% discount on nail services.



CHILDREN'S ACTIVITY

MARCH Thursday, 3/26 @ 10:00am
Dig N' Play (West Chester)
9405 Cincinnati Columbus Rd, Ste #8, 45069

Join us at one of the newest local play areas! The space offers a large sand area for digging, multiple pretend play centers, a climbing gym and inflatables. It is ideal for children 18 months and up. Cost is \$7/ child 3 years old and up, and \$3/child 2 and under. Evite to follow.



BOOK CLUB

MARCH Monday 3/30
The Radium Girls (Kate Moore)

UPCOMING BOOKS:

APRIL Girls Burn Brighter (Shobha Rao)

MAY The Guernsey Literary and Potato Peel Pie Society (Mary Ann Shaffer)

JUNE Sea of Tranquility (Katja Millay)



MOM'S NIGHT OUT

APRIL Thursday, 4/2 @ 5:30 pm*
Private Botox & Skincare Event
The Dermatology Group, Inc.
5298 Socialville-Foster Road

Hosted especially for MMoms by one of our own MMoms and proud sponsors, Cincinnati native and board certified Dermatologist, Dr. Kristine Zitelli.

This event will max out at ten! RSVPs will be handled on a first come, first serve basis with a wait list. See Evite for VERY IMPORTANT details.

This is a self-paid event, discounts applied based on the number of committed participants. MNO will provide drinks and snacks. All are welcome, even those who are not interested or unable to get Botox, to socialize and enjoy the skincare product line discount and information.



SIP & SHOP

APRIL Tuesday, 4/14 @ 7:00 pm
Mom's Exchange
Five Seasons Family Sports Club
11790 Snider Road 45249

Dust off your gently-used maternity and baby/kid-related items for our annual Mom's Exchange. We will hold the exchange in the parking lot from 7-8pm followed by drinks and apps in the cafe. If it rains, please limit what you bring to what you can carry in one trip. For larger items consider bringing in pictures and arranging an exchange at your car or home at a later date.

Be on the lookout for a Facebook thread before the event where you can share sneak peaks of your items.

Nothing you're ready to part with yet? Come see what you can score while drinking wine with your friends.



COUPLE'S PARTY

APRIL Saturday, 4/18 @ 7:30 pm
Envision Cinemas Bowling Lounge
4780 Cornell Road, Blue Ash

Join us at our SPRING couple's party at Envision's new bowling lounge! We have the full area reserved for some 'mini bowling' games and great conversation with your fellow MMoms couples. Light appetizers and limited alcohol beverages will be served. Evite coming soon.



CHILDREN'S ACTIVITY

APRIL Friday, 4/24 @ 9:30-11:30am
The Flying Ninja Academy
537 Loveland Maderia Rd, 45140

Please join us for ninja open gym play. This is a brand new facility in Loveland, sure to be a great time. Children 18 months and up are welcome. Cost is \$10/child, \$5/sibling. Grip socks are suggested and available for purchase. Please RSVP to evite (to follow).