

WALKING MOMS



Pregnant and Postpartum Moms!

The Frederick County Health Department is offering the chance to win a free baby stroller AND a \$25 Downtown Frederick gift card!

We are offering three events to win these prizes!

- Baby Shower Information Sessions
- Walking Moms' 4-week Challenge
- Walking Moms' Family Fair

WANT TO WIN A FREE STROLLER?



Join our 4-week challenge starting May 1st by scanning the QR code below OR emailing mweeks@frederickcountymd.gov

All you have to do is:

- Walk 30 miles in 4-weeks
- Record your progress via Health app on iPhone's OR any fitness app to track miles walked per day

And the first 6 people to finish will win the BOB Gear Revolution Flex 3.0 Jogging Stroller!

BABY SHOWER INFORMATIONAL SESSIONS

These virtual sessions will educate on:

- How to prevent gestational diabetes during pregnancy, or pre diabetes/diabetes during or after pregnancy
- Healthy nutrition guidelines for moms' and caloric intake
- Safe physical activity
- How to promote healthy living for moms
- Q&A

CHANCE TO WIN A FREE \$25 DOWNTOWN FREDERICK GIFT CARD

**ON JUNE 4TH,
10AM TO 1PM AT
BAKER PARK**

We will provide:

- Yoga
- Face painting
- Kickball
- Soccer
- Chalk
- Meditation
- Walk and Talk

TO WIN THE GIFT CARD, COMPLETE SURVEY AT FAIR

IF INTERESTED EMAIL: MWEEKS@FREDERICKCOUNTYMD.GOV

OR SCAN THE QR CODE BELOW



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

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