



**Johnston Memorial Hospital (JMH) Evening Club:**  
1<sup>st</sup> & 3<sup>rd</sup> **Thursdays** 6:00 to 7:15 p.m. 1 800 888-5551

**Coomes Center Abingdon VA (CC) Afternoon Club:**  
2<sup>nd</sup> & 4<sup>th</sup> **Tuesdays** 1 pm to 2:15 276 623-5279

During meetings  
at the Coomes Center  
**FREE** child care  
for ages 1-12  
will be available.



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**July**

- 2: Whose Body is it Anyway? **JMH**
- 7: Eating for 2-Facts/Myths **Coomes**
- 16: Is One Drink Too Much? **JMH**
- 21: No Ifs Ands or BUTTS About It **Coomes**

**August**

- 6: Healthy Choices Thru the Drive Thru **JMH**
- 11: Why Do I Feel This Way? **Coomes**
- 20: What Can I Do About These Aches? **JMH**
- 25: Breast is Best! **Coomes Center**

**September**

- 3: Dealing With Changing Relationships **JMH**
- 8: Signs and Symptoms of Pre-Term Labor **Coomes Center**
- 17: Before Baby **JMH**
- 22: Welcome to my Crib **Coomes Center**

Free!  
Food!  
Fun!  
Gifts!



For more information call 276 644-0501  
Or visit our website at [bbmomsclub.com](http://bbmomsclub.com)

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