

Moms In The Muck Inc.  
Black Maternal Health Week 2026

# Free Wellness Check - Ins



If you're **pregnant** or **postpartum** (baby under 2), come through and take a moment for YOU 



Quick & private wellness check-in



Real support + resources



And a **\$10 Visa gift card** just for showing up for you!

**NO PRESSURE  
NO JUDGEMENT  
JUST SUPPORT**



Mon, April 13<sup>th</sup> 10 am -2 pm



BRIDGES at Pahokee  
1020 E Main Street, Pahokee




Thurs, April 16<sup>th</sup> 10 am -2 pm



Belle Glade Library  
725 NW 4<sup>th</sup> Street, Belle Glade

 **COMMUNITY  
FOUNDATION**  
FOR PALM BEACH AND MARTIN COUNTIES

  
**BRIDGES  
at PAHOKEE**



  
**QUANTUM  
IN THE COMMUNITY**