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Mama Moves

Helping You Thrive During Pregnancy

Stay active, build strength, and get support for every stage of pregnancy and postpartum recovery.

With the Mama Moves virtual program, you'll get:

-  Safe workouts for every stage
-  Trimester-by-trimester guidance
-  Postpartum recovery support
-  Expert tips and videos
-  FREE Birthing Ball

Boost your energy and prepare your body for birth, recovery, and life with baby.

Mama Moves is a FREE virtual program from MVP Health Care[®] that is open to all who are growing their families!

Scan the QR code or visit **mvphealthcare.com/mamamoves** to learn more and enroll today.