

# Sweet Peas

**Exercising  
While  
Pregnant:  
What's  
Safe?**



[Jana Bures-Forsthoefel, MD, OB-GYN](#) at Tallahassee Memorial HealthCare (TMH) and Gynecology & Obstetrics Associates of Tallahassee (GOAT), shares advice on exercising while trying to conceive and during pregnancy – including what is and isn't safe and how physical activity can affect your fertility.

[Learn About What's Safe](#)



## Reminder: Baby & Family Fair is Back!

Join us Saturday, May 20 to meet with dozens of local businesses and organizations tailored to new and expecting families, enjoy kid-friendly activities and attend our breakout sessions. PLUS, get your child's car seat installation checked for free by a certified car seat technician!

[Register Now](#)



## How Music Can Help Your Child Thrive

Did you know music can help your child reach their age-appropriate milestones? Valerie Williams, Director of Music Therapy at TMH, explains.

[Read Her Tips](#)



## How to Safely Store Your Breastmilk

Take the guess work out of storing your breastmilk. Download and print our handy guide to storing your milk on the counter or in the fridge, freezer or deep freezer.

[Download Our Milk Storage Guide](#)



## Should Your 1-Year-Old Drink Almond Milk?

Tallahassee Memorial's pediatric dietitian Jen Graham shares which foods and drinks – including milk – are nutritious for your toddler.

[Find Out](#)

# Just For You

FEATURED PARTNER:



**15% DISCOUNT ON ANY PURCHASE**

A'Nai Clothing Company specializes in modest, contemporary and quality styles at affordable prices, offering clothing for women and men sizes small to 3X.

\*Email newsletter must be presented to Sweet Peas Partner for discount.

[View All Partners](#)

# Events & Classes

Looking for more resources to help you raise your family?  
Sign up for our pregnancy, parenting and childhood classes.

## Women's Pavilion Tours

Thursday, March 30 | 6 pm

## Little Ones Music Play

Friday, April 7 | 8:45, 9:30, 10:15 and 11 am

## ABCs of Babies

Saturday, April 15 | 9 am

## Prepared Childbirth

Monday, April 17 | 6:30 pm

## Infant and Child CPR

Saturday, April 29 | 9 am

## Baby & Family Fair

Saturday, May 20 | 10 am

[View All Classes](#)

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Sweet Peas, Tallahassee Memorial's exclusive pregnancy and parenting club, offers news, tips, resources and discounts curated for new and growing families in and around Leon County.



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Miccosukee Road, Tallahassee, Florida 32308, United States