



Mellow Bumps



Mellow Bumps is a 6-week programme for expectant mums.

Each session is relaxed and informal and a great way to find out more about your baby's development in the womb, how to strengthen your relationship with your baby bump and beyond, and ways to keep well in pregnancy.

We will also have opportunities for relaxation and mindfulness, and prepare for parenthood with others over a cuppa on your pregnancy journey



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Do you have a very special package on its way?

Then join us for Mellow Bumps

Date: Tuesdays, starting from 21st February 2023
(this will be changing to a Wednesday from 19th April 2023)

Term time only

Time: 10am-12pm

Venue: Flitwick Library

