



Judy Center

Hawthorne

Contact Information

410-887-0138

Facilitator

Rebecca Lindsey, Ed.D.

Family Case Manager

Letethia Nathan

Upcoming Events

Free Infant Massages

Thursday, Feb. 7, 14, 21, & 28

HES Wellness Center

**Please contact the Judy Center to schedule your morning massage

Colgate Bright Smiles, Bright Futures Mobile Dental Van

will be on site at HES
February 21, 2018
10am-1pm

**February: No School-
Dr. Martin Luther King, Jr.
Birthday**



February 2019



February is National

Children's Dental Health Month

Come join the Hawthorne Judy Center along with the Colgate Bright Smiles, Bright Futures Mobile Dental Van on February 21, 2018 at

10am-1pm

Children ranging from 1 to 12 years of age will receive a free dental check-ups and learning materials that include a tube of Colgate kid's toothpaste, a Colgate kid's toothbrush and brushing instructions.

**Zumba is
Back!!!**

Come try this

FREE

**High-energy,
Fun,**

Latin dance-based,

Calorie-burning

Cardio workout.

Join us

**Thursday, February 7th
at 4:00pm-5:00pm at
HES Gymnasium**

Call the Hawthorne Judy Center at 410-887-0138 to register.

Infant Massages

Join us for a free 4 week parent/ infant massage course where you will learn how to:

- use nurturing touch to bond with your baby
- reduce stress levels
- help you and your baby relax

Come discover the many benefits of infant massage, meet other parents and gain confidence in responding to your baby's cues

Call the Hawthorne Judy Center at 410-887-0138 to enroll.

****Free Weekly Giveaways****

**Community
Corner**

Baby Story Time

Thursdays, Feb. 7, 14, 21 & 28

10:00- 10:30am
Essex Branch Public Library

Preschool Story Time

Thursdays, Feb. 7, 14, 21 & 28

11:00-11:30am
Essex Branch Public Library

Healthy Babies

Collaborative:

Healthy MOMs

Tuesdays, Feb. 5, 12, 19 & 26

9:30-11:30am

Stembridge Community Center

Healthy Babies

Collaborative:

Essex Breastfeeding Luncheon

Every Wednesday

11:00-1:00pm

Essex Library

Call : 410-828-7700