



## Moms of Multiples

Moms of Multiples of the Lehigh Valley was formed in 2010 with a mission to provide a positive and productive environment for mothers of multiple babies to support one another. Given that many of these babies are delivered prematurely and spend time in neonatal intensive care units (NICU), the group is dedicated to giving back to these NICUs and helping families of multiples before and after birth. In addition to monthly meetings and social events, the 50-plus members provide meals to moms in need, as well as bed rest and breast-feeding support. The group's "dine and donate" event at the 1760 House in Trexlertown raised \$500 for the NICU at Lehigh Valley Hospital-Cedar Crest. Moms of Multiples board members Melissa Urland (left) and Jennifer Bretz (center) are joined here by Lehigh Valley Health Network neonatologist Wendy Kowalski, MD. Bretz's twins, Kylie (left) and Zachary (right) spent three months in the NICU. Bretz's parents, Todd and Barbara Vanett, made a double matching gift of \$1,000.

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