

## Just a Sampling of our Activities and Membership Benefits...

- Fall Family Picnic
- Multiples Panel Event
- Bunko Night
- Pamper the MOM Night
- Multiples Equipment, Clothing, and Toys Sales (Every Spring and Fall)
- Holiday Party and Cookie Exchange
- Monthly Meetings and Newsletters
- State MOMs Annual Convention (an entire weekend getaway!)
- Minnesota TWINS Day at the Metrodome



Brooke & Kyle Conway with MN Twins mascot T.C.!

Just send an e-mail message to get free club newsletters!

## Are you a new or expecting mom of twins or triplets?

What can I do to prepare myself, my family, and my home for multiples?  
What are the tips I'll need to know?



Supporting current and expecting moms of twins, triplets, and higher order multiples since 1977.

### Club Contact Information:

St. Cloud Area Mothers of Multiples  
P. O. Box 7825  
St. Cloud, MN 56302-7825  
newsletter@stcloudmoms.com



We are a friendly group of mothers who live, work, and raise families within St. Cloud and the surrounding areas. We have been around since 1977, and are made up of current and expecting moms of twins, triplets, and higher order multiples.

[www.stcloudmoms.com](http://www.stcloudmoms.com)

## You are warmly invited to come to a meeting!

The health and well-being of your children relies heavily upon your success in taking care of yourself and getting support.

The most important aspect of the St. Cloud Area Mothers of Multiples (MOMs) Club is the association and communication with other MOMs. Through MOMs you will find that you are not alone. Our members have experienced any and every challenge that is unique to moms of multiples that you may encounter as an expecting or current MOM. Our monthly meetings are a place to discuss these issues with others who truly understand—because we have been there!

Come experience the camaraderie as we share "multiple" experiences, focus on ourselves, and yes, even laugh. We laugh a lot. Laughter is the best medicine for any mother. It soothes the soul and binds us together. And it reminds us of who we are in our hearts and why we chose motherhood.

Meetings are held every 3rd Thursday of the month. Prospective members, and new and expecting MOMs meet at 7:00 p.m. The general meeting begins at 7:45 p.m., followed by speakers, presentations, and/or social activities.

Meetings are held at the Sauk Rapids VFW, located at 901 Benton Drive, Sauk Rapids MN (320) 252-3617

## Call or e-mail us. We would be delighted to talk with you!

Andrea Lawrence, President & MOM of Girl /Girl Twins  
320-308-3075 , [president@stcloudmoms.com](mailto:president@stcloudmoms.com)

Lisa Hilsgen, Vice President & MOM of Girl /Girl Twins  
320-363-7304, [vicepresident@stcloudmoms.com](mailto:vicepresident@stcloudmoms.com)

Marla Juhl, Secretary & MOM of Boy/Boy Twins  
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320-229-5933, [newmoms@stcloudmoms.com](mailto:newmoms@stcloudmoms.com)



Some of our MOMs at Convention 2009

## Yes! Please Contact Me About MOM's!

To receive more information about MOMs, please complete this form and mail it to the address below or send an e-mail message to [newsletter@stcloudmoms.com](mailto:newsletter@stcloudmoms.com).

We will reply in a timely manner and immediately add you onto our newsletter mailing list!

Today's Date: \_\_\_\_\_

- I've recently learned that I am expecting multiples in \_\_\_\_\_ months.
- I've recently delivered multiples.
- I know someone with/expecting multiples for whom I would like to get information.
- I just learned about your club. My twins/triplets are \_\_\_\_\_ years old.

Comments:

My Name \_\_\_\_\_

My Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Phone Number \_\_\_\_\_

My E-mail Address \_\_\_\_\_

Send this reply form to:  
St. Cloud Area Mothers of Multiples Club  
P.O. Box 7825  
St. Cloud, MN 56302-7825

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