

# M.O.M.S. APP

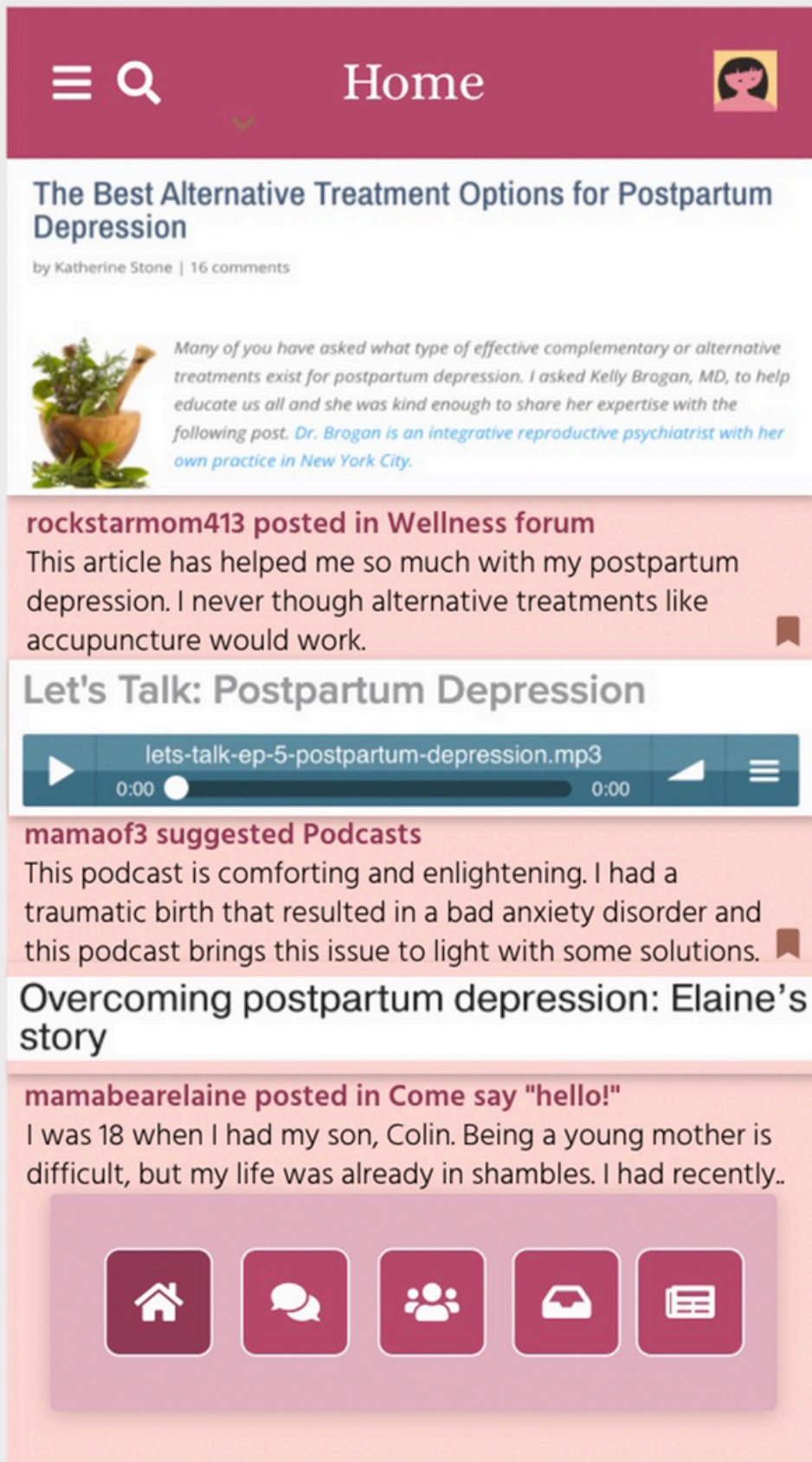


App Store

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## Home and Forums Pages

- An anonymous open forum
- Q&A sessions on weekly topics
  - Nutrition
  - Fitness routines
  - Relationships
  - Body Image and mental health



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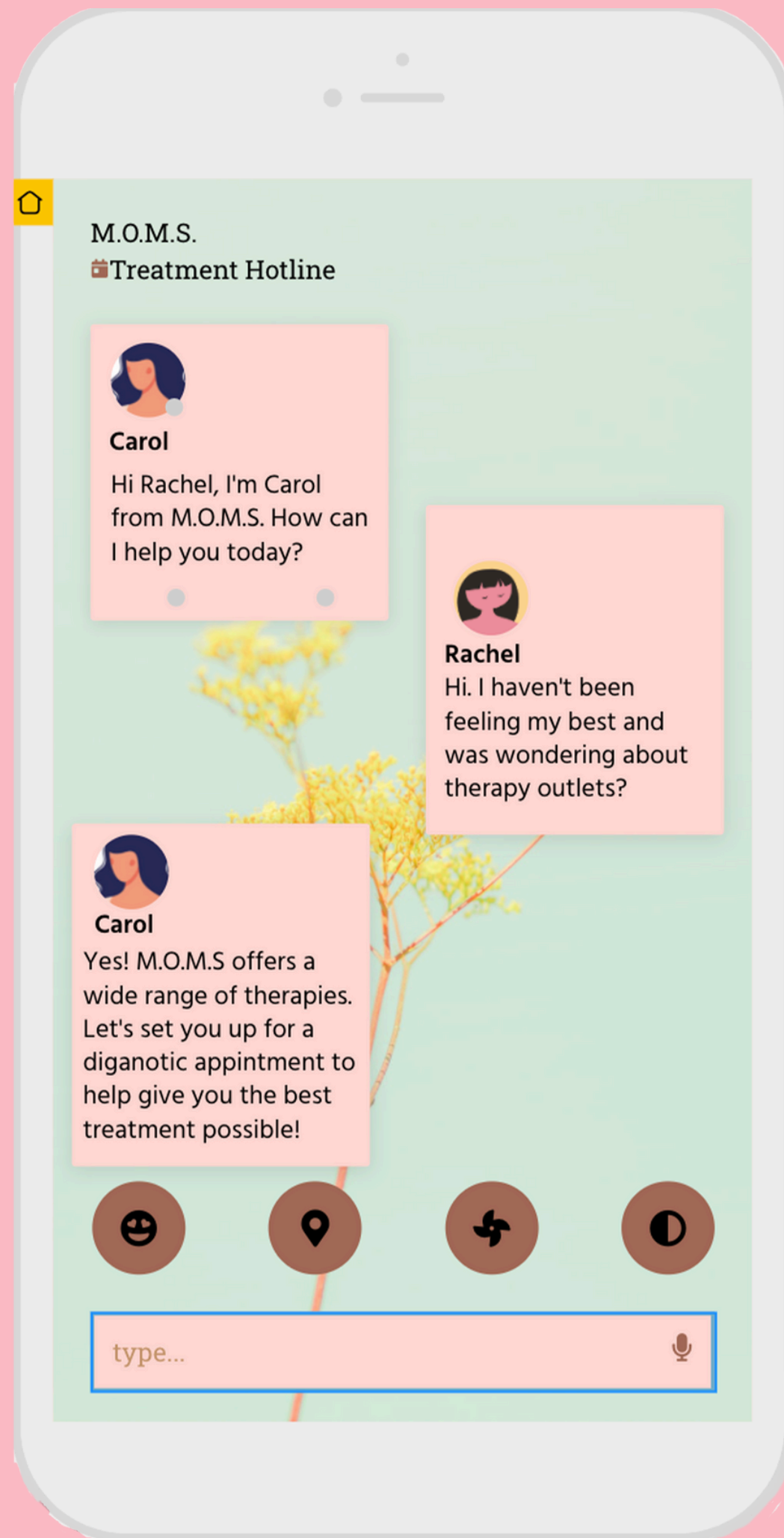
## Discover Page



- Weekly news stories and podcasts
- Resources (based on location)
  - Treatment
  - Therapy
  - Nutritional resources
  - Day-care
- Mental health journal

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## Messaging Page



- Anonymous chats with other mothers and team members at M.O.M.S.
- Therapy services
- Emergency hotlines