

MINDFUL MAMAS



Tuesday, May 21
11:45-12:45

Music Development

Merrily Gechter
Owner, Music Together
with Merrily

Tuesday, May 28
11:45-12:45

Postnatal Anxiety

Jennifer Hanswirth, PhD,
Clinical Psychology

Tuesday, June 4
11:45-12:45

Baby Led Weaning

Sarah Cunningham, MS, RD

\$40 FOR ALL 3 SESSIONS
\$10 FOR A DROP IN
***EXISTING PACKAGES**
MAY BE USED TOWARDS
THESE WORKSHOPS.