

SPECIAL EVENT



Becoming Mothers Group

Tuesday, February 19 from 1:00 - 2:30pm | Free

Sunday, February 24 from 2:30 - 4:30pm | Free

Pregnancy and early motherhood is full of excitement...and a ton of questions. Wouldn't it be great to discuss everything from nausea and stretch marks to concerns about breastfeeding and birth with other moms who are experiencing the same things? Our free Becoming Mothers group is meant to be a safe, nurturing environment for expectant and very new moms to discuss the joys and challenges of pregnancy and postpartum. Babies are welcome to attend. For pregnant moms and new moms with babies up to three months old. Please join for either session or both!

Meagan Francis is the author of *The Everything Health Guide to Postpartum Care: A complete guide to looking and feeling your best after delivery and beyond* (Adams Media, 2007) as well as a forthcoming book about raising big families. A mother of four, Meagan is passionate about helping women make the most of motherhood and the other parts



Visit www.bloomyogastudio.com for information about classes, workshops & more!

Bloom Yoga Studio | 4663 N. Rockwell St. | Chicago, IL 60625 | (773) 463-YOGA | info@bloomyogastudio.com | www.bloomyogastudio.com

SPECIAL EVENT



Becoming Mothers Group

Tuesday, February 19 from 1:00 - 2:30pm | Free

Sunday, February 24 from 2:30 - 4:30pm | Free

Pregnancy and early motherhood is full of excitement...and a ton of questions. Wouldn't it be great to discuss everything from nausea and stretch marks to concerns about breastfeeding and birth with other moms who are experiencing the same things? Our free Becoming Mothers group is meant to be a safe, nurturing environment for expectant and very new moms to discuss the joys and challenges of pregnancy and postpartum. Babies are welcome to attend. For pregnant moms and new moms with babies up to three months old. Please join for either session or both!

Meagan Francis is the author of *The Everything Health Guide to Postpartum Care: A complete guide to looking and feeling your best after delivery and beyond* (Adams Media, 2007) as well as a forthcoming book about raising big families. A mother of four, Meagan is passionate about helping women make the most of motherhood and the other parts



Visit www.bloomyogastudio.com for information about classes, workshops & more!