

# The Pregnant New Yorker

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

## An Alternative Health Event

Midwife Elizabeth Stein is giving out labor tips plus get the lowdown on breastfeeding. Hulahooing and pregnancy? See what it's all about and how your body will benefit from doing prenatal yoga. Learn how acupuncture, physical therapy and massage can help you through your pregnancy and how to manage your time and energy during the first few weeks and months of life with a new baby. Plus come see some great products on everything baby and mommy.

Wed. Sept. 16th, 2009  
6:30-9:00pm

**Yummy Mummy**  
1201 Lexington Avenue  
(Btwn 81st and 83rd)

Please Register at  
[thepregnantnewyorker.com](http://thepregnantnewyorker.com)

## Guest Speakers

**Midwife** - Elizabeth Stein, CNM, MSN, MPH [www.askyourmidwife.com](http://www.askyourmidwife.com)

**Lactation consultant** - Leigh Anne O'Connor [www.leighanneoconnor.com](http://www.leighanneoconnor.com)

**Prenatal Massage Therapist** - Janet Markovits, LMT [maternalmassageandmore.com](http://maternalmassageandmore.com)

**Perinatal Personal Trainer and Group Fitness Instructor** - Sheryl Wilson, CPT [fitnotic.com](http://fitnotic.com)

**Physical Therapist** - Isa Herrera, MSPT, CSCS [renew-pt.com](http://renew-pt.com)

**Acupuncturist** - Deb Ruffalo, L.Ac [drogeclinic.com](http://drogeclinic.com)

**Prenatal Yoga Center Director** - Debra Flashenberg, CD(DONA), LCCE [prenatalyogacenter.com](http://prenatalyogacenter.com)

**Women's Success Coach** - Joanna Lindenbaum, MA [soulfulcoachingforbusywomen.com](http://soulfulcoachingforbusywomen.com)



Belli

Yummy  
mummy

MACLAREN

MATERNAL  
MASSAGE  
and More

LESHEM  
LOFT  
FINE ART FAMILY PORTRAITURE