

An Alternative Health Event

Midwife Elizabeth Stein is giving out labor tips plus get the lowdown on breastfeeding. HulaHooping 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

Guest Speakers

Midwife - Elizabeth Stein, CNM, MSN, MPH www.askyourmidwife.com

Lactation consultant - Leigh Anne O'Connor www.leighanneoconnor.com

Prenatal Massage Therapist - Janet Markovits, LMT maternalmassageandmore.com

Perinatal Personal Trainer and Group Fitness Instructor - Sheryl Wilson, CPT fitnotic.com

Physical Therapist - Isa Herrera, MSPT, CSCS renew-pt.com

Acupuncturist - Deb Ruffalo, LAc drogeclinic.com

Prenatal Yoga Center Director - Debra Flashenberg, CD(DONA), LCCE prenatalyogacenter.com

Women's Success Coach - Joanna Lindenbaum, MA soulfulcoachingforbusywomen.com

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