

# HEALTHY PREGNANCY: A NATURAL APPROACH



WEDNESDAY  
SEPT 26  
6:30 PM

Light dinner will be served.

At this workshop you will learn:

- Natural relief for common pregnancy symptoms
  - How to optimize baby's position in utero
    - Ways to decrease labor time
    - Considerations for birth plan
- Key habits to foster health in mom and baby

**Health Track, 875 E Roosevelt, Glen Ellyn, IL 60137**

Members may use childcare available at Heath Track. Non-members, please call 630-446-4013 for childcare options. Workshop is for adults only.

Register at:

<https://healthypregnancysept2018.eventbrite.com>



For More Info Call 630-629-9500 or Email [events@westsuburbanwellness.com](mailto:events@westsuburbanwellness.com)