

# HONORING THE MOTHER

*Health and Wellness for the Childbearing Year*

May 10th, 10 a.m. - 1 p.m.

Portage Lake District Library



**Fertility,  
prenatal,  
birth,  
& postpartum  
support.**

Interactive  
sessions for  
the whole  
family!

Story time,  
activities  
and  
childcare!

Prenatal  
massages  
and yoga  
instruction!

Lactation  
and  
nutritional  
counseling!



*Our first event to a Women's Wisdom Series!*

**Free-of-charge sessions and information focused on  
natural, botanical, and complementary care and support.**