The Pregnant New Yorker www.thepregnantnewyorker.com

Alternative Health Expo

Friday, June 11th 6:00 - 9:00pm

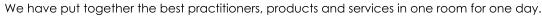
Kinespirit 40 East 23rd Street

(btwn Park and Madison)

\$20 per person, \$25 at the door

REGISTER @ www.thepregnantnewyorker.com

everyone who registers will be entered to win some amazing raffles



It's an opportunity to get expert advice and talk one on one to a variety of practitioners in all aspects relating to pregnancy and babies. There will be demos, classes, mini consultations, samples, and more...

Health Care Practitioners

GYROTONIC/GYROKINESIS Master Trainers - Jen Daly and Chantal Deeble www.kinespirit.com

Prenatal Massage Therapist - Janet Markovits, LMT www.maternalmassagenamore.com

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

Doula - Lana De Lowe www.doulana.com

Lactation Consultant - Andrea Syms-Brown www.babyinthefamily.net

Chiropractor - Dr Randi Jaffe www.drrandijaffe.com

Feng Shui Wellness Consulting - Dee Dee Mendez www.fengshuiwellness.org

Acupuncturist - Carol Braverman www.mountaintopacupuncture.com

Pre - Post Natal and Family Nutritionists - Jackie Maese CHHC, AADP and Amy Nelms CHHC, AADP WWW.mmmunch.com

Classes and Discussions

Introduction to Gyrokinesis - exercises to help your pregnancy, labor /delivery and postpartum

Nutritional tips during pregnancy and what to feed your baby from the Mmmunch Nutritional Nannies

Using non-toxic services and safer dry cleaning by Green Apple Cleaners

Lactation Consultant Andrea Syms-Brown is here to answer your questions

Feng Shui for the Nursery: From Womb to Room with Dee Dee Mendez



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