

# The Pregnant New Yorker

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

everyone who registers will be entered to win some amazing raffles



We have put together the best practitioners, products and services in one room for one day. 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](http://www.kinespirit.com)

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

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

**Doula** - Lana De Lowe [www.doulana.com](http://www.doulana.com)

**Lactation Consultant** - Andrea Syms-Brown [www.babyinthefamily.net](http://www.babyinthefamily.net)

**Chiropractor** - Dr Randi Jaffe [www.drRANDIJaffe.com](http://www.drRANDIJaffe.com)

**Feng Shui Wellness Consulting** - Dee Dee Mendez [www.fengshuiwellness.org](http://www.fengshuiwellness.org)

**Acupuncturist** - Carol Braverman [www.mountaintopacupuncture.com](http://www.mountaintopacupuncture.com)

**Pre - Post Natal and Family Nutritionists** - Jackie Maese CHHC, AADP and Amy Nelms CHHC, AADP [www.mmmunch.com](http://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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