

# destination maternity™

## Schedule of events

March 2011

“Everything a pregnant woman could ever want or need,  
featuring a huge selection of Maternity Fashion”

### FITNESS CLASSES

Please register at least one day prior via 203 739 0473.  
\$12 or class pass

#### PRENATAL YOGA

Mondays 6:45 – 7:45PM with Michelle Wenis  
Wednesdays 6:45 – 7:45PM with Michelle Wenis  
Fridays 5:30 – 6:30PM with Kathy Roe  
Saturdays 10:45 – 11:45AM with Michelle Wenis

#### POSTNATAL/BABY & ME YOGA

Saturday 12:00 – 1:00PM with Michelle Wenis

#### BRADLEY METHOD®

Tuesdays 6:30 – 8:30PM with Michelle Wenis  
\$250/couple/12 weeks

### SPECIAL EVENTS

Please register one day prior via Michelle Wenis [mwenis@greenwomanyc.com](mailto:mwenis@greenwomanyc.com) 203 470 3527.

**LITTLE KNOWN CHIROPRACTIC TRICKS & OTHERS TO KEEP YOU HEALTHY & HAPPY IN PREGNANCY & LABOR**

Saturday March 5, 1:30 – 2:30PM with Dr. Mara Tabares COMPLIMENTARY

**PREGNANT? YOU DESERVE A DOULA! ASK ME WHY!**

Wednesday March 9, 11:00AM – 12:00PM with Judy Burke COMPLIMENTARY

**TODDLER MASSAGE CLASS**

Saturday March 12, 1:30 – 2:30PM with Melanie McGuire \$12/class or class pass

**BREASTFEEDING Q&A – HOW TO ESTABLISH & KEEP UP MY MILK SUPPLY, ETC...**

Sunday March 13, 12:45 – 1:45PM with Chrys Prip \$12/person or class pass

**INFANT CPR & BABY SAFETY**

Monday March 14, 11:00AM – 1:00PM with Jennifer Licht \$65/person

**7 HEALTHY TIPS TO KEEP YOUR KIDS HEALTHY**

Wednesday March 16, 1:00 - 2:00PM with Dr. Brian Applebee COMPLIMENTARY

**LIFE AFTER CHILDBIRTH: WHAT TO EXPECT DURING RECOVERY & OTHER SECRETS**

Saturday March 19, 1:30 – 2:30PM with Lisa Miller \$12/class or class pass

**PRENATAL RELAXATION TECHNIQUES FOR YOU & YOUR PARTNER**

Saturday March 26, 1:30 – 2:30PM with Michelle Wenis \$12/person or class pass

**PICTURE PARTY of YOUR BEAUTIFUL PREGNANT BODY &/OR NEW BABY & FAMILY!**

Sunday March 27, 4:00 – 6:00PM with MW Photography COMPLIMENTARY

### INFANT MASSAGE SERIES

Please contact Michelle Wenis [mwenis@greenwomanyc.com](mailto:mwenis@greenwomanyc.com) 203 470 3527 about our next 5 week series.

15 Backus Avenue Danbury, CT 06810  
203.739.0473

## Class Descriptions

### THE BRADLEY METHOD®

A childbirth technique based on late and beloved Obstetrician, Dr. Robert Bradley's, Husband Coached Childbirth (1965) [www.bradleybirth.com](http://www.bradleybirth.com). This class is for everyone and not just for those looking to have a natural childbirth. The focus is to educate the mother AND her partner equally on how to stay healthy through pregnancy via prenatal nutrition, prenatal exercise, natural comfort measures, daily practice of relaxation techniques, optimal positions for labor and birthing, positive communication with one another and their birth team throughout, preparing a birth plan, variations and complications, how to best prepare for successful breastfeeding and what to expect immediately postpartum are covered in this 12 week series. Questions, contact Michelle Wenis [www.greenwomanyc.com](http://www.greenwomanyc.com) [mwenis@greenwomanyc.com](mailto:mwenis@greenwomanyc.com) 203 470 3527.

### BREASTFEEDING Q&A – HOW TO ESTABLISH & KEEP UP MY MILK SUPPLY, ETC...

You have heard that the American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of your baby's life [www.aap.org/advocacy/releases/feb05breastfeeding.htm](http://www.aap.org/advocacy/releases/feb05breastfeeding.htm). What you may not know is breastfeeding comes with a great learning curve and there are many decisions you can make even before your baby is born which can impact your breastfeeding relationship with your baby. Line up your resources and get questions answered that you never even knew to ask! Questions, contact Chrys Prip [www.illct.org](http://www.illct.org) [chrystrip@sbcglobal.net](mailto:chrystrip@sbcglobal.net) 203 775 6260.

### INFANT CPR & BABY SAFETY

#### American Heart Association Heartsaver 2 Yr Adult Child & Infant Certification

Make your family safer with this course which covers: adult, child and infant CPR, AED training, conscious and unconscious choking focus on child safety and accidental prevention, information on poisoning prevention. All participants will receive their two year certification along with a breathing barrier, reminder cards and poisoning prevention stickers. Baby Safety is also covered. Questions, contact Jennifer Licht [theartsaver@earthlink.net](mailto:theartsaver@earthlink.net) 203 545 8005.

### PICTURE PARTY for YOUR PREGNANT BODY &/or NEW BABY

Come reserve your complimentary 15 minute photography session with your beautiful pregnant body alone or with your partner and/or with your baby and wonderful new family. Take home with you a CD gift of 10 – 20 professional photographs you can treasure for a lifetime. Questions, contact Melissa Wilson [www.melissawilson-photography.com](http://www.melissawilson-photography.com) 203 524 5638.

### TODDLER MASSAGE CLASS

Bring your toddler and come experience a one day Toddler Massage class with Melanie McGuire, MA LMT, CEIM. Melanie is a Nationaly Certified and Connecticut State Licensed Massage Therapist and Certified Parent Educator of Infant Massage. As your baby grows and becomes more independent, it is harder and harder to keep up your massage routine and enjoy that special time together. Come learn some fun ways to keep massage a part of your relationship with your growing child. This class is for caregivers and toddlers 1 year and older. Questions, contact Melanie McGuire [www.fullcirclehealingmassage.com](http://www.fullcirclehealingmassage.com) [mcquiremelanie@yahoo.com](mailto:mcquiremelanie@yahoo.com) 203 733 1661.  
Also inquire about Melanie's 5 week Infant Massage series.

### PRENATAL RELAXATION TECHNIQUES FOR YOU AND YOUR PARTNER

Birth can be more comfortable when a confident mother is able to tune into her body, receive the mental, emotional and physical support she needs, and has the confidence to relax through it all. Come to this class with your partner for hands on relaxation techniques and tips you can both use together through your pregnancy and labor. Dress comfortably and bring two pillows. Questions, contact Michelle Wenis [www.greenwomanyc.com](http://www.greenwomanyc.com) [mwenis@greenwomanyc.com](mailto:mwenis@greenwomanyc.com) 203 470 3527.