

Homeopathy and Nutrition for a Healthier Pregnancy, Delivery and Baby

Topics Include:

Nutrition during Pregnancy and while Breastfeeding
Constipation and Digestive Disorders
Swelling
Morning sickness
Diet and Postpartum Depression
Increasing Milk supply and Lactation Problems
Caesarean births
Thrush



**Tuesday October 27th @ 7pm - 8pm
@ the Squamish Adventure Centre**

Cost: 5\$ at the door

Eat Better, Feel Better...Naturally
Wendy Howarth, RHN
Registered Holistic Nutritionist
604.849.1301

Embody Health Homeopathy
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