

# New Mother, New Baby ● Post Natal Rejuvenation Workshop

## Mommas, Get your Groove Back!

Featuring: Dr. Gabrielle Francis  
Naturopathic Doctor, Chiropractor Acupuncturist

Join Dr. Gabrielle Francis in this informative workshop on the positive actions that you can take as a New Mother to rejuvenate your mind, body and spirit so that you enjoy your experience as a new mother and extend that health of Mind body and spirit to your new family.

### In this workshop Dr. Francis will discuss the following...

- Introduction and Welcome
- Meditation and mindfulness exercise
- Discussion of Post Natal Health issues and concerns
- Blood testing for New Mothers
- Nutrition for New Mothers and Breast Feeding Diet
- Supplement and Smoothie Recommendations for New Mothers
- New Baby supplements and supplementing breast milk
- Mayan Abdominal Massage info and demo to restore pelvic health
- New Mother resources

### Take Home:

- Handouts of course discussions
- Workshop participants will receive a 20% discount on all Beauty Products and Nutritional Supplements at the Herban Alchemist on the day of the workshop only.

### Where:

The Herban Alchemist  
137 Grand St, Floor 2  
New York, NY 10013

### When:

Sunday April 3, 2016  
11:00 am to 1:00 pm

### Cost:

50\$ per person  
(Cash, check, credit card)

### Register:

Call the Herban Alchemist  
212-925-8772



**REGISTER NOW! ● SPACE IS VERY LIMITED!**