

Life with Baby

*A Day of Workshops:
Surviving and Thriving in Parenthood*

Topics will include:

Playing, Singing and Storytelling with Your Baby,
Infant Massage, Nutrition for Infants and Toddlers, Mom and Baby Yoga,
Help for When Baby is Fussy, Taking Care of Yourself and More!

Saturday, February 25, 2012

9:00am - 1:00pm

Registration begins at 8:30am

Swedish Covenant Hospital

Located in the Anderson Pavilion

2751 W. Winona Ave., Chicago, IL 60625

To Register, email: chicagovolunteerdoulas@gmail.com

In advance \$35

At the door \$40

Sponsored by:



CHICAGO
VOLUNTEER
DOULAS

Every woman deserves a doula!

Chicago Volunteer Doulas is a not-for-profit organization that provides educational, physical, and emotional support to women in pregnancy, labor and delivery.

These services are provided to women who for a variety of reasons otherwise would not have a doula.