

HOLISTIC PARENTS OF HUDSON COUNTY MEETUP
PRESENTS...

I HAD A CESAREAN...NOW WHAT?

BIRTH OPTIONS FOR THE POST CESAREAN FAMILY

WITH **LAKEISHA M. DENNIS** OF THE
INTERNATIONAL CESAREAN AWARENESS NETWORK

Please join us with **Lakeisha M. Dennis**, MTS, LCCE, CLC, CD(DONA), as she explains our **birth options after cesareans** from her extensive knowledge and experiences as **ICAN Chapter Leader** (International Cesarean Awareness Network), labor doula, perinatal educator, lactation counselor, and community birth advocate.



WEDNESDAY, JUNE 18
7PM - 9 PM

NOURISHING WISDOM
112 WILLOW AVENUE
HOBOKEN, NJ 07030

During her talk, she will highlight:

- **prevention** of a first cesarean
- **birth options** after a cesarean
- the **benefits + risks**
- how to build a **support team**
- and **informed decision-making**

TO RSVP: Visit www.meetup.com and join our group, Holistic Parents of Hudson County

HPHC IS A DISCUSSION GROUP OPEN TO ALL INDIVIDUALS, PARTICULARLY PATIENTS AND FUTURE PARENTS! FOR MORE INFORMATION AND DIRECTIONS, PLEASE CONTACT:

HOBOKEN CHIROPRACTIC + WELLNESS INC.

50 Harrison Street Suite 316 Hoboken, NJ 07030 (201) 792 3544

www.hobokenchiro.com