

HOLISTIC PARENTS OF HUDSON COUNTY MEETUP
PRESENTS...



HOLISTIC PREGNANCY, HOLISTIC BIRTH

A TALK WITH **TERESA TURI, CNM**
CERTIFIED NURSE MIDWIFE

Join us as Teresa Turi of Holistic Women's Healthcare at JCMC shares her wisdom and experiences as a Certified Nurse Midwife.

During her talk, she will highlight:

- What a **holistic pregnancy + birth** is
- the benefits of a more **holistic birth**
- how to **personalize + plan** it
- how to **protect** it
- what to **expect** during it
- how to **maintain** that lifestyle moving forward

WEDNESDAY, MAY 21
7-9 PM

NOURISHING WISDOM
112 WILLOW AVENUE
HOBOKEN, NJ 07030

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:

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