JOY COLLECTIVE

PREGNANCY • PARENTING • WELLNESS CENTER

year of joy

Healthy Kiddos During Flu Season with Needle-Free Acupuncture JEN WYLER jan 28	Partner Massage for Pregnancy FAITH DAVIS feb 13	Preparing Your Postpartum Nest MICHELE KOLAKOWSKI mar 13	Massage Tools for Your Labor Toolbox HEATHERLYN ERNST apr 22
Fathers: Designing Balance Between Desires & Demands SHAWN PERKIN may 20	Somatic Psychotherapy: Healing for Moms, Babies, Families MELISSA LOCKMAN june 5	Tongue Tie Through the Chiropractic Eye DR. BETH HOFFMAN july 23	How to Lose the Pooch for Good (6:30-8:30pm) LYNN SCHULTE aug 14
CONFERENCE FOR BIRTH PROFESSIONALS please visit joycollective.net for details sept	Month-long Free 30 min. Lactation Consultations by appointment only DARCY KAMIN oct	Preparing Your Relationship for Postnatal Connecting JENEVIEVE RUSSELL nov 4	Challenging Childhood Behaviors: Keys to Connection ABBIE LASKY dec 4

Jewish Community Center, Room L200, 6007 Oreg Ave., Boulder, CO 80303

All classes 6:30-7:30pm unless otherwise noted.

free if pre-registered; $5 at the door

www.pregnancyparentingboulder.com/yearofjoy