



SAVE THE DATE

*April 14, 2019*

THE ARMORY  
DOWNTOWN MANCHESTER



## 2019 Workshops

| TIME        | Contoocook Room               | TIME        | Armory                                         |
|-------------|-------------------------------|-------------|------------------------------------------------|
| 11:30-12:15 | Haas Dental Q & A             | 11:30-12:00 | FunkyBump - Demo Fitness Class                 |
|             |                               | 12:00-12:30 | Nutrition for Pregnancy and Beyond             |
| 12:30-1:15  | Creating Healthy Sleep Habits | 12:30-1:15  | 10 tips for your best birth                    |
| 1:30-2:00   | VIP RAFFLE                    | 1:30-2:00   | Hemp, Pleasure and Your Endocannabinoid System |
| 2:10-2:45   | Hass Dental Q & A             | 2:15-2:45   | Healing and Preventing Birth Trauma            |
| 3:00-3:30   | Pumping 101                   | 3:00-3:30   | Birth Pro Q & A                                |
| 3:30-4:00   |                               | 3:30-4:00   | GA RAFFLE                                      |
|             |                               |             |                                                |