



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		3:00-3:30	Birth Pro Q & A
3:30-4:00		3:30-4:00	GA RAFFLE