



BIRTH CIRCLE

CALLING ALL PREGNANT AND POSTNATAL MOTHERS AT ANY STAGE OF YOUR JOURNEY. LET'S GATHER FOR A DEEPLY SUPPORTIVE, NOURISHING, IN-PERSON BIRTH CIRCLE AT A BEAUTIFUL, CHILD-FRIENDLY LOCATION! ALL ARE WELCOME!

**Tuesday,
June 20th,
at 6:00 pm**

**Brookhaven Midwifery
& Natural Birth Center**

1461 Brookhaven Dr, Harrisonburg, VA 22801

\$15

includes food,
handouts,
& take-home
herbal samples

Whitney will share safe, gentle perinatal knowledge and handouts, including nutrition, herbal medicine, recipes, community resources and more. She will hold healing space to facilitate group sharing, with plenty of time for everyone present to share and listen to each other.

Please join us for this special Four Seasons Harmony community event that we're really excited to hold again by popular request!



**scan here
to register**

Whitney L. Erwin, MSc, MEd, LMT, is the Owner and Proprietor of Four Seasons Harmony, directing all aspects of a small, full-time thriving private healthcare practice since 2015 in Clinical Herbalism, Ayurveda, Holistic Nutrition, Infant Massage Instruction to Families, Clinical Fertility, Prenatal and Postpartum Care, Aromatherapy Education, Reiki & Indigenous Healing Arts



FOUR SEASONS HARMONY