

Holistic Perinatal Care

with Safe, Gentle, & Support Herbs

Are you looking for positive, sustainable changes to your health toward healthy pregnancy and perinatal care, yet are struggling with reaching these goals?

Not actualizing your fullest potential as a woman or resolving chronic hormonal imbalances can feel painful. Give yourself the gift of joining us for a group facilitation on holistic perinatal care with safe, gentle and supportive herbs to receive the supportive structure of a safe, compassionate circle to share, learn and grow together on the path toward actualizing optimal health. Over tea and snacks outdoors at the lovely Brookhaven Natural Birth Center we'll discuss clinical hormone balancing herbs, nutrition, recipes, community resources and more with plenty of time for everyone to share and listen to each other in the group.



Brookhaven Natural Birthing Center

1732 Boyers Rd, Harrisonburg, VA

Expansive private fenced in lawn and playground, child-friendly environment, and on-site childcare provided

June 28th, 6-7:30 pm

Livestream option, EDT

Held on the new moon, a wonderful, auspicious time for new beginnings

REGISTRATION

email fourseasonsharmony@gmail.com by **June 24**

COST \$15, including take-home herbal samples



**With Whitney Erwin,
Clinical Herbalist, M.Ed**
owner of Four Seasons Harmony



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HARMONY

www.fourseasonsharmony.com