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# *Holistic Perinatal Care with Safe, Gentle & Supportive Herbs*

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WITH THE AMERICAN ASSOCIATION OF BIRTH  
CENTERS



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**WEDNESDAY, NOVEMBER 16 @ 12 PM**

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Herbal medicine is a safe, reasonable, and incredibly helpful tool for anyone to support optimal fertility, pregnancy and postpartum and can easily be incorporated into integrative healthcare

Recipes & herbal tips provided for optimal perinatal care

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FOUR SEASONS HARMONY