



Establishing  
and  
Advancing  
the  
Chiropractic  
Family  
Wellness  
Lifestyle

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## **Yost Family Chiropractic's Massage Therapist is Now Certified in Prenatal Massage!**

Yost Family Chiropractic is proud to announce that their licensed massage therapist, Jeanette Loyd, was certified in *prenatal/pregnancy massage* this fall. With this training, Jeanette has learned skills beyond the national standards for massage therapists and know how to address specific pregnancy needs and sensitive areas and pressure points of the body.

For a number of reasons, there is no better time to experience the benefits of massage therapy than when a woman is pregnant! The soothing essence of massage allows pregnant mothers to unwind and feel serene, healthy, and comforted during a period of added physical and emotional stress.

When expecting, it is important to seek care from a certified prenatal massage therapist as well as discuss massage therapy with their prenatal care provider.

Jeanette Loyd, LMT is one of the few in the Des Moines area with this special training and is excited to work with members of this community, providing this special service.

To view a list of massages offered and fees, visit <http://www.YostFamilyChiropractic.com/t2/doc/massage-therapy>. Call 278-YOST (9678) to set up your massage today!