

Classes are scheduled the first Monday of every month from 6:15pm-7pm..
Don't forget to R.S.V.P! (Call, e-mail, or join our meet-up group at
<http://www.meetup.com/BeautifulBeginningsYFC/>)

Beautiful Beginnings



Location: Yost Family Chiropractic
8521 Hickman Rd.
Urbandale, IA 50322

When: 1st Saturday of every quarter
11am-12pm

BEAUTIFUL BEGINNINGS,
A prenatal and postnatal class by Dr. Heather
Yost

is a place where families are educated to their
fullest potential! The class offers a mindful
exploration
of pregnancy, exercise, nutrition, birth plans, labor,
breastfeeding, newborn to toddler care, and much
more!

What Others Are Saying:

"Great ideas on the natural birth process. I loved it!" – Melissa

*"If you need a place to learn ways to nourish yourself and baby,
help on choosing an OB doctor, and to find out how to maximize
your birthing experience, this is the place to be!" - Jenny*

