

Baby & Me Yoga

With the Yogi Bears



Join Molly, a perinatal mental health counselor and yoga teacher, and Lauren, a postpartum doula and infant massage educator, for a **free** parent and baby yoga class!

This class is **postpartum-friendly** and open to all levels of yoga, including complete beginners! It's an inclusive space where breastfeeding, diaper changes, and snack time are all welcome.

Friday mornings from 9:30 am - 10:30 am

11/14, 12/5, 12/19, 1/9, 1/23, 2/6, 2/20

Held at the Swanton Public Library

Drop-ins welcome, no need to pre-register!

Worried about a “fussy” baby? We’ve got your back! Lauren will be on deck to bounce babies and calm down little ones so that you can practice. Send any questions to lauren.mangis@ncssinc.org



**NORTHWESTERN
COUNSELING**
& SUPPORT SERVICES

Parent Child Center

