

Prenatal and Postnatal Seminar for Moms

Monday, May 14th | 7:00 – 8:30

5 Koshas Yoga and Wellness | 2220 Sherman Street Wausau



Learn about healthy mind and body services in the Wausau community for you and your growing family.

Bring a friend or support person to this free event.

Meet professionals from a variety of service areas including:

- Renee Peterson, MSW, RYT-200, Registered Prenatal Yoga Teacher
 - Dr. Chelsea Poland D.C., Chiropractor
 - Tiffany Lee, Birth and Postpartum Doula
 - Dr. Reenah McGill, MTOM, Ph.D. Acupuncturist
 - Dr. Thomas P. Doering, DO, OBGYN
 - Chris Benes, Bradley Method Child Birth Educator
- o After the speakers, experience a short yoga practice.

“I think making patients feel they're an important part of the decision-making process is crucial to better care.” – Dr. Doering

RSVP: www.5koshasyoga.com, under “Special Events” or by calling Renee 715.212.9749, Tiffany 715.212.5863, or Chelsea 715.573.9944

