

From Stress to Fun in Three Easy Steps: Make your life – and your child's – easier and more fun



Do you:
~have trouble sleeping?
~find it hard to think straight?
~feel more irritable than you used to – even with your child?

If yes, join us to be able to...

**Understand *why* these things are happening
Develop new responses so you and your child feel better
Feel the sweetness with your baby/child that you always expected**

**September 30, 2012
3:00 pm – 5:00 pm
Acorn Wellness
2929 Summit St., Ste. 103, Oakland**

Who is this presentation for?

- Pregnant women and partners
- First-time parents
- Parents with more than one child
- Parents of toddlers and older children

Sponsor: Acorn Wellness, Oakland

Presenter: Meg Sullivan, RN, MS, Certified Instructor of Infant Massage, Reiki Master

Presentation is Free!

Free babysitting and parking!

**To reserve your spot, email
Meg@HelpYourBabyThrive.com**

Or call [510-653-9884](tel:510-653-9884)



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