

DPS Wellness Presents



What if you could learn techniques to get through your pregnancy with **vitality**, thereby **boosting your stamina** and **ability to handle stress**? This prenatal fitness workshop will teach you various exercises and mindfulness skills that will **alleviate discomfort**, **increase your energy** and **prepare your body for labor and birth**. This holistic approach will help you maintain balance in your work and personal life to create a healthier mom and baby.



THIS CLASS IS FREE to employees. [REGISTER HERE](https://tinyurl.com/powerofpregnancyspring2019) or go to <https://tinyurl.com/powerofpregnancyspring2019> .

Date: Saturday, April 27, 2019

Time: 11 am—2:45 pm

Location: Harvard Gulch Recreation Center,

What previous participants are saying...

- * *"I wish it would have run longer– I so looked forward to coming!"*
- * *"I feel like I have specific tools that I can use to prepare myself for birth mentally, physically and emotionally."*
- * *"I'm enjoying being pregnant now! I'm sleeping more and feel empowered for when I go into labor!"*

For more information contact Gina Fontaine, 720-891-1959

Gina is a Certified Personal Trainer and leader of prenatal fitness classes for 12 years and created the Power of Pregnancy program.



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Employee Wellness
Supporting the Whole Educator