



Harmony Pregnancy, Birth & Beyond Perinatal and Infant Community Health Collaborative Childbirth/Doula Workshop

Join our free informative childbirth workshop at the Westbury clinic to begin your birth journey. You will learn:

- ❖ Healthy pregnancy tips
- ❖ Practical and physical skills for labor
- ❖ Natural comfort measures and tools to ease the pain of childbirth
- ❖ Post-partum care
- ❖ Breastfeeding information
- ❖ Doula services

Where: Harmony Healthcare LI Westbury Clinic

Address: 682 Union Ave Westbury, NY 11590

When: Every 4th Wednesday

Time: 5:30 PM - 7:00 PM

Scan to register



Save the date _____