

## Fertility Awareness

Colleen Flowers  
Certified Holistic Reproductive  
Health Practitioner

Colleen Flowers loves teaching women about their bodies and reproductive health using the Fertility Awareness Method! **You can use it to consciously conceive your child & know the optimal time for conception to occur.**

## Nutrition in the Preconception and Prenatal Period

Mona Merrick  
Certified Dr. Sears Health Coach and  
Pilates Instructor

Mona has a passion for helping growing families live healthier through easy, fun, and interactive methods advised by Dr. Sears through his L.E.A.N. Expectations courses. Being a mother of two and having lived abroad for 13 years, along with being a Pilates instructor, Mona has many tools to share!

## Relationship Challenges when Building a Family

Ruth Weinberg, MS, LPC, SP

Ruth is a licensed psychotherapist with over 10 years experience working with children, teens, adults, couples and families. Ruth co-facilitates a monthly support group for moms called "The Hidden Feelings of Motherhood" designed to provide support and encouragement for mothers, provide a safe place to express feelings as well as explore strategies for connection, effective communication and self-care.



Certified  
Nurse-Midwives  
SAINT JOSEPH HOSPITAL



Presents...

## **Prepping for Parenthood**

An evening talk in Stapleton

Come join us for an evening of fun and learn from our experts about fertility, nutrition and relationships!

**Date: Monday January 27th**

**Time: 7:00-8:30 pm**

**Location: Stapleton MCA**

**Community Room**

**2823 Roslyn St Denver 80238**

The first 10 people to RSVP will receive a gift!

Light Refreshments will be served

Door Prizes!

**View Event Info on eventbrite:**

**<http://www.eventbrite.com/e/prepping-for-parenthood-tickets-10109839803>**

Please RSVP to [babycatcher365@gmail.com](mailto:babycatcher365@gmail.com)