



All Moms Invited

Monthly Meeting:
Held the 2nd Tuesday of
each month

Time: 6:00 pm

Location:
New England Chiropractic
89 Larrabee Road



Westbrook Chapter starting!

Who should attend?

- 1. Wellness Moms**
- 2. New Moms**
- 3. Expecting Moms**
- 4. Moms of children with health challenges**

Monthly Topics Include:

- How can I get my kids to **eat healthy**?
- Maximizing your **Breastfeeding** experience
- Pregnancy and **Natural birthing** advice/tips
- When should my child receive his/her first **chiropractic** check up?
- Are all the **vaccines** safe and necessary?
- How to Maximize **immune & nervous system** development in your children
- **Parenting** from a wellness consciousness (sleeping habits, baby sign language, behavior etc.)
- **Hot topics** & current events

Allow your family to optimize their health potential. Don't let your child join the growing numbers of chronically ill children. Join the Wellness Moms America movement and be part of a community and network of the healthiest families on the planet.

Meet new friends, enjoy support, fellowship and get expert information on how to raise healthy children.

For more information call Dr. Kelly 854-2001 or write drkelly@newenglandchiropractic.net.